

Canadian Living

THE
BUDGET
ISSUE

Eat Well Spend Less

40th
ANNIVERSARY

+
28
GREAT
Freebies
FROM MAKEUP
TO MUSEUM VISITS

Make this in
your slow cooker!

\$1.60
per serving

MINI ORANGE
AND GINGER
CHEESECAKES

YES, YOU CAN
BECOME A
SMART SAVER P. 69

NUTRITION FACTS
DECODED

BARGAIN
BATHROOM
UPDATES

BEAUTY PICKS
FROM \$8



I want a new lease on life
for my skin.

Julianne Moore

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*Source: Euromonitor International Limited, retail value RSP terms in 2013. **Enhances exfoliation to reveal surface skin cells.



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Canadian Living

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WHAT'S THE BEST
BARGAIN YOU'VE
EVER SCORED?

Canadian Living

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"Two minutes before the show,
I bought dirt-cheap tickets to
see my favourite band and sat
second row!"

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"A striking eight- by 10-foot Persian rug that I snagged for just \$400."

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"A nearly new
child's drum set
valued at \$200 for
\$10 on Craigslist."

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and can fix
just about
anything!"

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"When I visited
Jerusalem at age
17, I bartered for
a rosary made
of pressed rose
petals. I got it for
a steal of a deal!"

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Hunger Stops Here

These kids are at risk of falling behind in their studies, struggling with behavioural problems and even developing medical problems related to malnutrition. Shockingly, Canadian doctors are seeing cases of rickets again, many years after the weakened-bone condition was all but obliterated by the wide availability of milk and other food products fortified with vitamin D.

So what can we do to help? Some schools in high-risk neighbourhoods run in-house nutrition programs, but these are expensive to operate and receive only partial funding from provincial and municipal governments. What's more, there's no assistance at the federal level, making Canada the only G8 country without a national nutrition program.

That's why charitable programs like Breakfast for Learning (BFL) are so important. Full disclosure: BFL was founded in 1992 by a group of *Canadian Living* editors; since then, it has provided more than 554 million healthful meals and snacks to Canadian schoolkids. BFL programs are made possible by corporate donors, as well as people like you and me. Give \$25 to BFL and you'll supply a school with nutritious fruit that kids can snack on throughout the day. If you can afford to donate \$250, you'll help provide snacks to an entire classroom for one week. For more info, and to continue this important *Canadian Living* tradition, visit breakfastforlearning.ca and click on Give a Gift That Nourishes.

Sandra E. Martin,
multiplatform editorial director



Watch for
this seal!

It's our way of announcing special stories, recipes and photos celebrating our 40th anniversary. You'll find it in the pages of the magazine and online at canadianliving.com/CL40.



Test Kitchen shares easy-to-make dishes that you can enjoy from 35 cents per serving.

EAT WELL, SPEND LESS

With the cost of groceries on the rise, we could all use a few delicious low-cost recipes in our culinary arsenals. Ta-da! Starting on page 95, our

FEED YOUR RELATIONSHIPS

Our emotional lives need nurturing as critically as our bodies do, but it can be tough to carve out time for partners, friends, siblings and others we care about. That's why we've curated a collection of inventive date-night ideas at canadianliving.com/datenight. Feel the love starting March 15.





WE BUILT OUR FIRST ALL-WHEEL DRIVE VEHICLE IN 1972, AND WE'VE BEEN GAINING TRACTION EVER SINCE.



When you think about it (and we do, a lot), a car without traction isn't much of a car at all. It's a car that's off the road. Or it's a car that isn't as fun to drive on the road, whether conditions are good or bad.

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First, let's go over the benefits of Symmetrical Full-Time All-Wheel Drive versus two-wheel drive. It all has to do with torque, which sounds like fancy tech speak, but simply means rotational power. Quite simply, the more torque a wheel has, the more it's likely to lose traction.

Two-wheel drive concentrates torque onto two wheels. But Symmetrical Full-Time All-Wheel Drive can distribute torque evenly to all four wheels. Because all four wheels help drive the car, they each need less torque. And less torque means less likelihood of losing traction.

Now, let's talk about Symmetrical Full-Time All-Wheel Drive versus other All-Wheel Drive systems. The difference, partly, is in the name: Symmetrical. Most AWD systems are adapted from two-wheel drive, and need extra add-ons to divert power to all four wheels. But Subaru's Symmetrical Full-Time All-Wheel Drive is engineered from the beginning to give a direct line of balanced, seamless power to all four wheels.

Another difference is the SUBARU BOXER® engine, designed with horizontally opposed cylinders that lie flat. This gives Subaru vehicles a lower centre of gravity which, when combined with our Symmetrical Full-Time All-Wheel Drive, provides better balance and superior handling.



It's all about making cars that are safer, more capable, and more fun to drive in any weather or on any road. And we've gotten quite good at it. After all, we've been on track for over 40 years. To learn more, we invite you to visit subaru.ca/awd.

GUEST EDITOR

Gail VAZ-OXLADE



GAIL VAZ-OXLADE is not your typical financial guru. She doesn't harp on about fixed versus variable rates or mutual fund options like many experts, who, in her estimation, work very hard to make sure we don't understand our money. "They sound like 'wah-wah-wah,' like the teacher from the Charlie Brown cartoons," she laughs. By contrast, Gail—beloved by fans of her television shows and seven personal finance books—is plain-speaking, practical and to the point.

When she breezed into *Canadian Living* headquarters to collaborate on this issue (find her most important money advice on page 69), her running narrative was punctuated by her famous wagging finger, shrieks of laughter and even a few expletives.

Gail's informal approach to finance stems partly from the fact that her own mastery of money wasn't learned in school. She grew up in an upper-middle-class family in Jamaica. At 17, she and her family moved to Toronto, where life was very different. "It's nothing almost every immigrant in Canada hasn't gone through," she says. The move gave her the initiative to become financially mature, and fast.

In 1980, three years after she had moved to Canada, she got her first full-time job, making \$150 a week. "I needed to track every penny to make sure the money lasted because I didn't have very much of it," she recalls. This healthy money habit has stuck with



▲ Cooking is one thing Gail isn't afraid to splurge on. Her recipe for savoury bread pudding, which she prepared with our Food director, Annabelle Waugh, is the ultimate indulgence—complete with copious amounts of cheese! Watch the video at canadianliving.com/savourypudding.



More inside ➤ Gail and Brett Walther, our Home & Garden director, had fun creating easy wall art. Get inspired by their project on page 92.

her all these years, and it's one she passes on to the debt-burdened people she counsels on her TV shows, *Til Debt Do Us Part* (which ran for an incredible nine seasons—you can watch episodes online at slice.ca/til-debt-do-us-part), *Princess* and *Money Moron*.

And there's much more to Gail than money smarts. When she's not super-busy writing her books or blogging on gailvazoxlade.com (she once worked 42 hours straight and survived the second day on Nanaimo bars—"Seriously, just Nanaimo bars"), she can be found at home in Brighton, Ont., with her dog, Tabitha. She's a knitter, an avid reader (we're talking 200 books a year), a tea drinker and an accomplished painter (check out her art project with our Home & Garden director on page 92). And when we brought her into The Canadian Living Test Kitchen, we discovered she's also an incredible cook. —Jill Buchner

GAIL VAZ-OXLADE ANSWERS YOUR QUESTIONS DURING OUR TWITTER CHAT ON FEB. 3 AT NOON EST. FOLLOW @canadianliving AND JOIN IN!

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symptoms
equally.**



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MARCH

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BEST ADVICE EVER!

40 timeless tips from the archives of *Canadian Living*

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page. Here are **four decades'** worth of wisdom from the March issues of *Canadian Living*.

Use common foods like spinach to dye eggs. (See tip #11.)

1 Add sheer draperies to soften the glare from a large window. They'll give a feeling of privacy without darkening the room. — **1976**

2 Don't try out a new recipe on guests (unless they're very good friends). Practise first on family. — **1977**

3 Remember the adage "Pale foods cannot make red blood." Eat rich-coloured foods such as beans, liver and dried fruit—even molasses—to get the iron your body needs to build red blood cells. — **1979**

4 If your fingernails are broad, leave a sliver of unpolished nail on each side to create the illusion of slimness. — **1982**

5 When painting, use a hammer and a nail to punch holes around the inner lip of the top of the paint can. This way, paint will drop down the inside of the can—not the outside. — **1982**

6 To catch drips when painting ceilings, poke the handle of your brush or roller through a paper plate. — **1982**

7 Trying to cut calories? Opt for natural fruit instead of juice. While a medium orange contains 65 calories, a 250-millilitre glass of orange juice has 116. — **1982**

8 Nearly a quarter-inch of lipstick is left in most tossed-out tubes. Use a lipstick brush to get every last swipe of colour. — **1983**



9 Vegetarians have a greater risk of being deficient in vitamin B₁₂, which we primarily get from meat. If you don't eat eggs or milk either, consider taking a supplement. — **1983**

10 Select sheer draperies in neutral colours that will coordinate with your wall trim or your ceiling. Tinted sheers affect the colour of a room just like a coloured lightbulb in a lamp would. — **1983**

11 Dye eggs the pioneer way by using beet juice (red/pink), strong coffee (brown), red cabbage (indigo blue), grape juice (mauve), spinach (pale green) and onion skins (golden orange). — **1986**

12 When writing a letter, never commit to anything on paper you might later regret. Sleep on such letters. — **1987**

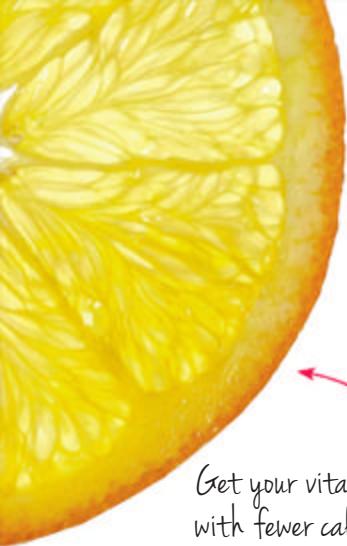
Same goes for emails and text messages!

13 Add salt at the end of cooking to give the maximum salty flavour with a minimum of sodium. — **1988**

14 To soften brown sugar that has hardened, put a cup of the hardened sugar and a slice of bread in a bowl. Cover and microwave on high for 30 to 60 seconds or until softened. — **1988**

15 Buy shoes that don't cramp your toes. The leading cause of ingrown nails is shoes with tight or inflexible toes, including high heels and steel-toed work boots. — **1989**

16 When shopping for knives, keep in mind that high-carbon stainless-steel blades are easier to sharpen than regular stainless steel and keep a better edge. — **1989**



Get your vitamin C with fewer calories.
(See tip #7.)

17 If you're renovating your entire house, start work on the top floor. Debris can be either tossed out an upper window or carried down through the house. You don't want debris dragged through rooms that are finished. — **1989**

18 Don't be overly concerned with making your eyebrows exactly the same. The slight differences add character to the face. — **1990**



19 When planning to visit a new mother, phone in advance to make sure it's a convenient time. Once there, keep your visit brief—no longer than an hour—and curtail baby-care advice unless your opinion is sought. — **1990**

20 Before you leave for a business trip, give your preschooler a favourite pen, hat or other treasured object to take care of. Young children need something tangible to assure them you'll be back. — **1991**

21 Apply your sunscreen and moisturizer beyond your jawline. Not only does the neck need the same sun protection as the face but it also contains fewer oil glands, making it vulnerable to dryness. — **1992**

22 Ready-made hash browns make a novel tasty topping for shepherd's pie instead of the usual mashed potatoes. — **1994**

23 Pasta continues to absorb liquid from its sauce as it stands. Savvy cooks reserve some of the pasta cooking water to stir into the dish after saucing if it needs a little moisture. — **1999**

24 Mash canned salmon bones into the fish for a boost of calcium. — **2001**



25 Repurpose a tool- or tackle box as a first-aid kit or a storage tote for sewing and craft supplies or manicure essentials. — **2003**

26 Changing light conditions will affect a paint colour's appearance, so view paint samples in the space at different times of the day before committing to a shade. — **2004**

27 To skin a chicken, grasp the skin with a small piece of paper towel, then firmly pull it off in one piece. — **2005**

28 As spring-flowering bulbs emerge, top-dress them with a six-millimetre layer of composted manure or sprinkle the soil with blood meal. Water them well as they grow and flower. — **2005**

29 For pain-free eyebrow tweezing, simply run a washcloth under hot water, squeeze out the excess and press it against your brow to open up the pores. — **2007**

30 Choose low- or no-VOC (volatile organic compound) paint. These potentially carcinogenic and neurotoxic chemicals are also released by adhesives, nail polish, paint thinners and other materials. — **2008**

31 Wash lids on canned food right before you open them to keep bacteria from getting into the food. Don't forget to wash your can opener's blade every time you use it. — **2008**

32 Photocopy everything in your wallet. If it's stolen, you'll know exactly what you need to replace and which cards to cancel. — **2008**

33 Replace blinds with washable curtains and you'll have a window covering that's friendlier to those with dust allergies. — **2008**

34 Look for nude lipsticks with undertones of pink for very fair skin, rose for fair, mauve for medium and brown for darker skin. — **2008**

35 Shop for footwear at the end of the day. Your feet can swell half a size throughout the day, so waiting until the evening to try on shoes will give you a more realistic and supportive fit. — **2009**

36 Before photographing dogs, play with them a little to get them relaxed. Photograph cats just as they're waking up and less energetic. — **2009**

Mellow cats
are more photogenic.



37 To boost your hair's shine, look for a brush with a mixture of boar and nylon bristles. Lift limp hair with a round brush and smooth frizz with a paddle brush. — **2012**

38 Opt for a Boston fern instead of an air purifier. One Boston fern can remove 1,863 micrograms of formaldehyde from the air in one hour. — **2013**

39 Reinvent an antique rug by flipping it on its well-worn reverse. The faded pattern will blend, rather than compete, with a subdued colour palette. — **2013**

40 Furniture made of such transparent materials as glass and acrylic have less visual weight than similar-size opaque pieces, making them perfect for small-space decorating. — **2013**

IS THERE A PARTICULAR TIP FROM A PAST ISSUE OF CANADIAN LIVING THAT YOU'VE NEVER FORGOTTEN? WE'D LOVE TO HEAR FROM YOU AT CL40th@canadianliving.com.



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STYLE

BEST MASCARAS | GIRL CRUSH | SPRING SHOPPING LIST | SKINNY JEANS

fringe benefits

PHOTOGRAPHY, CARLYLE ROUTH; HAIR AND MAKEUP, JUKKA/TRESemme HAIR CARE/MAC COSMETICS/PLUTINO GROUP

YOU MAY HAVE found your perfect foundation or blush, but discovering your mascara match can take years—and countless tubes—before you find “the one.” Why? A mascara’s success depends on various factors, such as brush, wand and formula, as well as your eye shape, lash type and, of course, personal preference. You might have to try a few duds before finding the product of your dreams. The good news is we’ve done the work for you. Here are the latest and greatest fringe enhancers.

BY JULIA MCEWEN



BEST FOR Short, Straight Lashes

Benefit Roller Lash
Super-Curling & Lifting Mascara,
\$29, benefitcosmetics.com



• Formula

Created in a deep inky black, this lash-conditioning formula is flexible with 12 hours of staying power. Bonus: It's still easy to remove.

• Brush

Strategically placed hooks on this patent-pending brush catch, lift and curl lashes.



Results

Wiggling the brush ever so slightly at the roots bestows lashes with a fluttery, defined and curled appearance.



BEST FOR Light-Coloured Lashes

Givenchy Noir Couture
4 in 1 Mascara in Violet
Etonnant, \$44, sephora.ca



• Formula

This multitasking blend of cream and wax is laced with active ingredients that strengthen lashes and help them grow. Available in black, brown and purple.

• Brush

The tri-tufted brush coats lashes with lots more mascara per swipe and gets at them from a variety of angles.



Results

It takes some time to master the technique: Try a wiggle-and-rake motion, starting at the roots. Those with patience will be rewarded with full, curled and lengthened lashes.



BEST FOR Fine, Sparse Lashes

L'Oréal Paris Miss Manga
Black Angel by Voluminous,
\$11, orealparis.ca



• Formula

Creamy and buildable, this formula contains neo-black pigments, delivering a rich, shiny and dark finish.

• Brush

It's 360-degree flexible, with a narrow tip that allows you to reach all of those fine inner and outer lashes.



Results

One coat does the job, depositing a nice amount of product with minimal effort. Two coats are even better, leaving lashes thick, long and spiky.



BEST FOR Short, Thick Lashes

M.A.C Cosmetics Shockproof
Haute & Naughty Waterproof
Mascara, \$26, maccosmetics.com



BEST FOR Brittle Lashes

Rimmel London
Wonder'Lash Mascara, \$8.50,
shoppersdrugmart.ca



• Formula

Nourishing argan oil adheres to lashes, drying quickly and leaving them conditioned, soft and flexible.

• Brush

Tiny rows of flexible plastic bristles grab onto each eyelash, smoothly applying mascara from root to tip.



Results

The itty-bitty bristles catch hard-to-reach areas. This mascara delivers on length and separation but falls short on volume.



Results

The innovative tube design lets you achieve dramatically different results with the same brush. The small opening (the blue end) cleans off the brush, leaving lashes separated and natural. The larger opening leaves more product on the brush, thickening and lengthening lashes.

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GIRL CRUSH

“I have dry skin and rosy cheeks, so products that are gentle and hydrating are a must.”

Kaweco Sport

7

DANIKA BOCK

HER INSPIRATION: Life's Little Pleasures

THE FIRST TIME they discussed the idea was on a trip to Berlin: Danika Bock and her husband, Drex Serduletz, would go back to Winnipeg and open a stationery shop in their hometown. With backgrounds in graphic design and printmaking, the couple had always loved the way that putting ink to paper felt like a chance to slow down, connect and reflect. Deciding a specialty stationery store was too niche, they opened Tiny Feast (217 McDermot Ave., tinyfeast.com), a paper goods, homewares and gift shop in the heart of Winnipeg’s Exchange District. Bock describes a tiny feast as “something beautiful, celebratory and engaging, yet small and simple,” a theme that’s evident in the items they carefully curate, often handmade pieces with simple shapes and geometric lines. Bock believes in supporting local independent businesses and investing in quality, not quantity. “Pencils made of dense wood and quality graphite will sharpen more easily. Candles made of hand-selected natural ingredients will burn cleaner and last longer,” she says. This conscientious mindset is reflected in her choice of home decor and beauty products as well as in every aspect of her life. — Andrea Karr

PHOTOGRAPHY: KEVIN WONG (TOTE COLLAR); GEOFFREY ROSS (MOISTURIZER, CONCENTRATE, NAIL POLISH, LIP GLOSS); BYRON DAUNCEY (MUG); DANIKA BOCK (DOG); JANINE KROPA (BOCK)



1. Tote, \$25, shop.fieldguided.com.
2. Necklace, \$125, hillbergandberk.com.
3. Woodlot coconut wax candle in Recharge, \$29, tinyfeast.com.
4. Ilia Sheer Vivid Tinted Moisturizer SPF 20, \$42, beautymark.ca.
5. Eminence Red Currant Balancing Concentrate, \$58, eminenceorganics.com.
6. La Couleur Couture Nail Lacquer in #1997, \$13, laccbeauty.com.
7. Kaweco Sport Skyline fountain pen, \$30, tinyfeast.com.
8. Pillow cover, \$42, senaystudio.com.
9. Sweater, \$115, johnandjenncollection.com.
10. Dog collar, \$78, houndcollection.com.
11. Faribault Woolen Mill throw blanket, \$201, tinyfeast.com.
12. Hammerpress postcard, \$4, tinyfeast.com.
13. Dahlhaus stoneware mug, \$42, tinyfeast.com.
14. Vasanti Cosmetics Lipshine in Rio Grande, \$15, vasanticosmetics.com.
15. Miju ring, \$25, tinyfeast.com.
16. Shoes, \$160, clarkscanada.com.

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THE SPRING “IT” LIST

Hit the refresh button on your seasonal style with these versatile new trends.



*Inspiration: Saint Laurent,
Spring 2015 collection*

BY JULIA MCEWEN & ANDREA KARR
ILLUSTRATIONS BY LAURA GULSHANI

Nida leather
wrap belt, \$88,
braveleather.com.

WRAP STAR

The Obi Belt

This wide natural-waist cincher has a slimmer second strap that wraps from the back and knots at the front. When tied over dresses, blazers and light coats, it flatters your figure by drawing attention to the narrowest section of your waist.

SEXY BACK

Nars Dual-Intensity
Eyeshadow in Subra, \$33,
narscosmetics.com.

LOVE THIS BEAUTY TREND?
FIND MORE FOR SPRING AT
canadianliving.com/runwayreport.



Modern Mules

The mule has received a revitalizing makeover for spring. These slipper-like shoes can be found in several iterations, from embellished flats to spiky stiletto heels to architectural wedges. This season's sleeker profile flatters all styles of dress, but we like it best with a pencil skirt or a frothy chiffon frock.

Leather mules, \$140, banana republic.ca. Leopard pointy-toed shoes, \$70, aldoshoes.com. Shellys London mules, \$140, littleburgundyshoes.com.

PURPLE REIGN

Marcelle Eye Shadow
Duo in Cherry Blossom,
\$16, marcelle.com.

Plum Eyeshadow

Purple is the eyeshadow hue for spring 2015, and of all the possible variations, plum—a blend of purple and burgundy with bronze shimmer—is our favourite. Press the shadow into your lash line, then blend outward for a soft smoky eye. If you have green or hazel eyes, a plum liner will intensify their colour.

IN CHECK

Grown-Up Gingham

Forget the picnic-tablecloth connotations; gingham is the print du jour. Keep it contemporary by embracing the pattern in graphic black and white—the stark contrast is distinctly adult and chic.

Pencil skirt, \$70, lechateau.com.





FRINGE FEVER

Tassel Earrings

Statement jewellery isn't new, but these swingy shoulder-dusters are! Whether crafted from leather, silk threads, chain links, beads or metallic spikes, there's a fringe to fit every style sense and every budget.

Sasha fringe earrings, \$40, cocoajewelry.com.



CARBON FOOTPRINT

Charcoal Beauty Aids

Known for its ability to draw out oil and toxins from the skin, charcoal is making an appearance in face cleansers for acne-prone or oily complexions. Korean skin-care and cosmetics store The Face Shop offers a charcoal cleansing foam that smells great and is surprisingly affordable.

The Face Shop Phyto Powder in Cleansing Foam in Charcoal, \$8, international.thefaceshop.com.



424 Fifth trench coat,
\$179, thebay.com.



Trench coat,
\$295, aritzia.com.

IN THE TRENCHES

Oversize Trench Coat

Transition into spring with a trench coat or an anorak. This year's rainy-day toppers are a little more relaxed with looser silhouettes and hemlines that fall below the knees.

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WELL ROUNDED

Sunday Best bag, \$65, aritzia.com.

Ibis leather cross-body bag, \$395, mackage.com.

The Circular Bag

The circular-bag trend is unexpected and fresh. Try a clutch or a cross-body style to add playful shape and sporty spirit to your everyday look.



ANTI-REDNESS

Maybelline's primer smooths pores and combats redness, dullness and uneven skin tone.

Maybelline New York FaceStudio Master Prime Blur + Redness Control, \$13, maybelline.ca.



RADIANCE

This illuminating primer reflects light for a glowing, youthful appearance. *Dior Glow Maximizer Light Boosting Primer, \$42, thebay.com.*



MATTIFYING

Revlon's compact balm minimizes the appearance of pores and fine lines while eliminating shine. *Revlon Photoready Prime + Anti Shine Balm, \$18, revlon.ca.*

PRIME TIME

Skin Primers

Battle facial redness, shine, dullness and dryness with the next generation of makeup primers. Designed to be applied under foundation, they help makeup go on smoother and last longer while nourishing skin.

TONE CORRECTION

Make Up For Ever's new range of primers targets uneven texture and tone.

Make Up For Ever Step 1 Skin Equalizer Radiant Primer, \$42, sephora.ca.





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from noticeably
soft, smooth,
radiant skin.

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It's not a soap. It's a Beauty Bar.

dove.ca



M.A.C Cosmetics Lipstick in
Lady Danger and Ruby Woo,
\$19 each, maccosmetics.com.



When did you decide that makeup would be your career? I think it happened on Feb. 20, 1961. That was the day I was born. Makeup and my seven older sisters always fascinated me. When I was a little kid, nobody could go into a bathroom to do her makeup without me—I had to get in there. It started by watching, then criticizing, then it finally escalated to, “Give me that. This is how it’s done!” My mom still laughs about it.

What product or trend do you love most? Lipstick. For colour, I’m all over the map, but I do love true reds; Ruby Woo and Lady Danger [shown above] are my favourites. When somebody who is not a regular makeup wearer puts on red lipstick, it just looks great. It’s instant sophistication.

How do you keep your ideas fresh? Talent. I’m surrounded by some of the most talented people in the world. They inspire me. Also, having the opportunity to travel and to embrace cultures helps you look at your work with different eyes. That’s one way to keep things fresh, no matter your profession.

What’s your go-to product when working backstage at Fashion Week? Without a doubt, it would be Prep + Prime transparent powder; we use that for everything. The Prep + Prime line has a lot of basic must-have products for your kit. There’s a lot of no-colour perfecting going on in makeup right now.

EDITOR'S PICK DO THE TWIST

Handbags bursting with lipsticks, glosses and balms are a thing of the past. Meet the lip crayon: This jumbo pencil has the precision of a lip liner, the pigment of a lipstick and the moisture of a balm. Burt's Bees takes it one step further with an all-natural version. Containing moisturizing shea butter and jojoba and kendi oils—plus natural pigments such as titanium dioxide, mica, carmine and iron oxide—this easy-to-wield crayon comes in six shades named after beautiful North American locations. Try every hue, from Napa Vineyard's deep red to Niagara Overlook's sherbet-y pink. —Andrea Karr

Five Minutes With

GORDON ESPINET,
M.A.C COSMETICS
SENIOR VICE-PRESIDENT
OF MAKEUP ARTISTRY

GORDON ESPINET epitomizes the artistic powerhouse that is M.A.C Cosmetics. Born in Trinidad, Espinet moved to St. Catharines, Ont., at the age of 14. After makeup school in Toronto and a stint as a freelance makeup artist, he was asked to join M.A.C, where, as one of the company's earliest employees, Espinet helped develop the brand into the highly creative and successful business that it is today. We caught up with the master makeup artist to talk about family, trends and, of course, beauty! —Julia McEwen

Lise Watier Age Control Supreme La Creme Sublime, \$105, lisewatier.com.

INNOVATION HOMEGROWN SKIN CARE

Who knew that Canadian plants packed such a powerful punch? For 2015, Quebec beauty brand Lise Watier has created La Creme Sublime, a new anti-aging cream chock-full of ingredients native to Canadian soil: Labradorian tea extract—a Lise Watier exclusive—is an antioxidant that stimulates collagen and elastin production; Atlantic Canada's bistort and Rumex from the Prairies encourage microcirculation and prevent dark spots; and the addition of British Columbian knotgrass fights visible signs of aging caused by sunscreen-penetrating infrared rays. Add this rose-scented cream to your daily routine to reveal a beautifully hydrated and refreshed complexion. —A.K.

Burt's Bees 100% Natural Lip Crayons, \$10 each, burtsbees.ca.

This shade is called Niagara Overlook.

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INTO MY
OWN HANDS."

Katie Holmes

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revealed in just
5 days without
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the skinny jean

The foundation of any stylish woman's wardrobe includes timeless pieces that can be paired with anything. Here, your staple skinny jeans get a style update with four inspired ways to wear them.

BY JULIA MCEWEN

PHOTOGRAPHY BY CARLYLE ROUTH



This versatile skinny jean has just enough stretch in all the right places. Mid-rise jeans, \$74, [levi.com](#).

INVESTMENT PIECE



DESK SET

Bring your beloved denim to the workplace by pairing it with tailored pieces. Elevate the look with a collared shirt and a structured blazer in a brilliant hue, then ground it with sleek printed flats.

Spurge: Smythe blazer, \$595, [holterfrew.com](#). Striped top, \$69, button-down shirt, \$95, and ring, [anntaylor.com](#). Harry Lary glasses, [josephson.ca](#). Earrings, [jcrew.com](#). Leather tote, [gapcanada.ca](#). Flats, [express.com](#).

WEEKEND ROCK STAR

Embrace denim's relaxed simplicity by teaming it with a playful graphic tee. Transform the look by rolling up hemlines and baring your ankles; this trick puts a spotlight on your footwear, so choose a fresh pair of kicks such as a slip-on sneaker, a polished pump or a high-shine boot. Jacket, \$300, [obeyclothing.ca](#). T-shirt, \$19, [joefresh.com](#). Tuque, [canada.roots.com](#). Sunglasses, [josephson.ca](#). Bracelet, [banana-republic.ca](#). Patent-leather boots, [winners.ca](#).

Denim Details



If basic blue feels too casual, try a bright colour or a repeated pattern. A vertical stripe not only adds personality but also elongates. *Striped jeans, \$98, annataylor.com.*



Distressed denim isn't just for baggy boyfriend jeans; it also gives the right amount of edge to skinnies. Imperfect denim shines brightest when paired with a tailored topper. *Distressed jeans, \$130, rw-co.com.*



Head into the evening with your denim by dimming the wash and choosing a darker colour. **Bonus:** Dark washes lend a slimming effect. *Mila Starlet jeans, \$188, fidelitydenim.com.*

FOR MORE TIPS ON WEARING DENIM, VISIT canadianliving.com/goodjeans.

The smartest style splurge any Canadian can make is on a classic three-season coat. Quality fabric and a timeless silhouette ensure that this coat will see you through many years of elegant wear.

GLAM DANDY

This woven top in a soft blush tone with a frilly trim lends charm and femininity to a simple pair of jeans. Balance the sweetness on top by adding a bit of sex appeal down low with a strappy leopard heel.
Peplum top, \$60, hm.com/ca. Earrings, baublebar.com. Pearl choker and ring, express.com. Bracelet, annataylor.com. Clutch, elabyela.com. Shoes, ninewest.ca.

POLISHED PERSONALITY

A textured tweed coat and a cable-knit pullover will give your jeans an elegant upgrade. Add a little drama to your trusty skinnies with a knee-high boot in a rich earthy hue.
Splurge: *J.Crew Collection tweed coat, \$1,029, jcrew.com. Knit sweater, \$39, joefresh.com. Earrings, swarovski.com. Bag, brooksbrothers.com. Boots, ninewest.ca.*



By Isabelle Neiderer,
Registered Dietitian for
Dairy Farmers of Canada
dairygoodness.ca



Lunch is in the Bag!

Want to eat delicious balanced meals that energize your day? Forget restaurants! Make it and take it with you. Read on for lots of persuasive tips and appealing ideas.



Compelling Reasons to Bring Your Own

ENERGY—A healthy homemade four food group lunch is power fuel.

GREAT TASTE—You get what you really like, made your way.

PORTION SIZES—You choose the amount of food that's right for you.

LESS FAT AND LESS SALT than restaurant meals—Because you're doing the preparing!

HIGH-QUALITY NUTRITION—Get more vegetables, fruit, whole grains and milk products. Restaurant meals rarely supply enough of these great foods!

SAVINGS—Making your own lunch can save you a bundle.

Quick Start Guide

A little planning reduces stress and makes lunches-to-go an appetizing proposition. Start by stocking up on nutritious foods that make easy salads, soups and sandwiches. Cupboard ideas: canned lentils, chickpeas or black beans; cans of salmon or tuna; packages of grain products such as quinoa or short whole-grain pasta. In the fridge, think protein foods like cheeses, yogurts and eggs, as well as leafy greens, veggies and fruit. Also, keep a variety of whole-grain bread products and nuts in the freezer.

Timely Tips

- Make kitchen time more productive by cooking extra for stress-free lunches—soups, curries, stews, etc.
- Cook and freeze extra quinoa, couscous and rice for whipping up quick salads.
- Make bigger roasts to supply healthy sandwich slices.
- Wash and prepare produce ahead for convenient use.
- Remember nutritious snacks to keep in the workplace fridge: milk for a protein and calcium boost, fresh fruit and yogurt or raw veggies and hummus for energy between meals.

Experiment!

Explore creative new ways to create portable meals. Ever made a 'power bowl' or enjoyed a Mason jar salad? Or used a Bento box? Or heard of a muffin-tin 'sneal'? More than simply trendy notions, these ideas offer fresh easy ways to bring nutritious homemade food with you wherever your day takes you. Drop by nutritionmonth.ca for some engaging how-to information about these super ideas as well as more tips and recipes.

SQUASH AND FETA PENNE RIGATE

Makes a delicious dinner one night, and a scrumptious lunch the next day.

2 cups	butternut squash in $\frac{3}{4}$ " cubes	500 mL
2 cups	cherry tomatoes, halved	500 mL
8	large sage leaves, chopped	8
1 tbsp	olive oil	15 mL
2	medium-size zucchini in $\frac{3}{4}$ " cubes	2
1 lb	penne rigate or other short pasta	454 g
5 oz	crumbled Feta	150 g
1	garlic clove, minced	1
$\frac{1}{3}$ cup	fresh basil, chopped	80 mL
salt and pepper to taste		

Preheat oven to 375°F (190°C). In a bowl, mix together squash, tomatoes, sage, 2 tsp (10 mL) olive oil. Season to taste. Cook on a baking sheet in the oven for 15 minutes. In the same bowl, mix the zucchini 1 tsp (5 mL) olive oil and season to taste. Cook on a baking sheet in the oven for 10 minutes. Meanwhile, cook pasta according to package instructions. Set aside $\frac{1}{3}$ cup (80 mL) of the cooking water. Drain cooked pasta and mix with all the other ingredients, including the reserved cooking water.

■ Makes 6 servings



HEALTH

NUTRITION SPECIAL

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PLUS: DIGESTIVE GUIDE, P. 53; WALKING FOR FITNESS, P. 58





Y

OU'VE HEARD the rumours at your local grocery store and you've read them on the Internet: People are talking about GMOs hiding in our food and how they're the suspected cause of everything from an increase in allergies to a surge in cancer rates. It's enough to make you wary of every supersize strawberry in the produce aisle. Are the rumours true?

WHAT ARE GMOs?

Genetically modified organisms are organisms, such as plants and animals, that have been engineered using technology pioneered in the 1970s to allow scientists to transfer individual genes from one organism into another. For example, scientists have taken a gene from a soil bacterium (*Bacillus thuringiensis*, or *Bt*) that's toxic to insects and transplanted it into corn to make it pest-resistant. The corn, which looks exactly the same, has been commercially available in Canada for 17 years.

"We can move DNA from anywhere to anywhere," says Rene Van Acker, professor in plant agriculture and associate dean at the University of Guelph's Ontario Agriculture College. "Genetic modifica-

understanding GMOs

What do genetically modified foods mean to your health?

We separate fact from fiction to help you decide what's right for your family.

BY JILL BUCHNER

Are you concerned about genetically modified foods?

tion creates all types of opportunities, but a lot of people also have concerns."

Any genetically modified food currently available in your grocery store has been altered for one of three reasons, Van Acker explains: to make it resistant to insects; to make it resistant to a disease; or to make it resistant to an herbicide (so crops can be sprayed along with the weeds that farmers want to kill).

That said, foods genetically modified for other reasons may be hitting your supermarket in the next five to 10 years. More than a decade ago in Canada, for instance, an apple was engineered to prevent the flesh from turning brown, though it hasn't yet been approved for commercial growth.

It's important to note that genetic engineering is fundamentally different from changes introduced through traditional hybridization, where different varieties of the same species of plant are bred together for a higher-yielding crop, larger fruit or other desirable characteristics (the juicy Honeycrisp apple is an example). In other words, you can stop suspiciously eyeing those strawberries—there's no genetic modification behind their startling size.

HOW PREVALENT ARE GMOs?

In large part, the mystery behind GMOs comes from the fact that modified food is not currently labelled as such. (By contrast, European Union countries require labelling for all GMOs.) So it's difficult for us to know where engineered ingredients are and how common they are in the market.

Only a handful of GM crops are grown in Canada—corn (which may include some sweet corn), canola, soy and sugar beets—though other GM crops, such as cotton, papaya and squash, are imported. That means the majority of produce in your grocery store hasn't been genetically engineered. However, because key crops in our food supply, such as corn and soy, are used in animal feed and many processed foods, the pervasiveness of GMOs in our food isn't just rumour. Megan Westgate, executive director of the Non-GMO Project, a nonprofit organization working to label products that avoid GMOs, says that about 70 percent of



packaged foods contain some kind of genetically modified ingredient. "GMOs may be found in packaged foods as ingredients with long names, and people don't even know," she says.

IS THERE A RISK TO OUR HEALTH?

Any GM crop grown in or imported to Canada undergoes a regulatory process led by Health Canada, Environment Canada and Agriculture and Agri-Food Canada that looks at potential health and environmental risks. This means modified foods sold in grocery stores have been deemed to be safe by Canadian government regulatory agencies. "There's been a tremendous amount of research done in the regulatory process," says Van Acker, who has spent more than 15 years researching GM crops. Short-term studies show no issues with current GM crops, but, he admits, very little of that research has involved controlled studies over a long term.

And that concerns Westgate. "The bottom line is that not enough research has been done to understand the long-term health implications," she says. A very limited number of studies have shown potential health risks in rats, but most of these have been discounted, says



Van Acker. In a 2008 Austrian study, some mice fed genetically modified corn had fewer offspring generations; the study was withdrawn a year later due to unsatisfactory analysis and report. The journal *Food and Chemical Toxicology* also retracted a 2012 study where rats fed GM corn developed tumours and organ damage; the study was deemed inconclusive due to the type of rats used and insufficient sample sizes.

Opinions on either side of the GMO-safety debate are highly charged, to say the least. Some of the controversy stems from the fact that GMOs raise complex questions: What do the herbicides sprayed on GMOs do to our health and the environment? Is it ethical to change DNA?

In terms of the impact GMOs may have on our health, Van Acker says clarity could come soon, as the European Union is currently funding a major long-term study in Germany, with results expected in 2016.

CAN WE EAT GMO-FREE?

If you'd like to avoid GMOs until the research comes in, your best bet is to steer clear of crops known to be genetically engineered, such as corn, canola and soy. You can also buy organic or look for the Non-GMO Project verification. ●



NOT TONIGHT, I'M TOO TIRED

WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired...too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run down... especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time" it's time for a change.

Iron-deficiency symptom checklist

Are you iron-deficient?

- Do you often feel weak?
- Do you look pale, lack appetite or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your **risk of being iron deficient**.

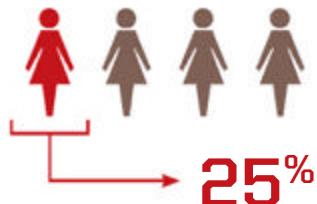
We all need iron for energy

The chances are you could be missing a vital mineral – iron. In Canada, approximately 20% of women, 50% of pregnant women and 3% of men have iron intakes so low, they're constantly exhausted.

Women are especially prone to iron deficiency due to periods, pregnancy and breastfeeding. In fact, menstruation is the main reason women are 10 times more likely than men to suffer from low iron levels.

Is iron missing in your diet?

Eating a balanced diet such as red meat, cereals and beans will help your body get enough iron; but if your diet hasn't been giving you the recommended 18mg of iron a day and you're feeling tired and run down, Floradix® Liquid Iron and Vitamins Formula could be the simple solution.



Iron deficiency affects 20% to 25% of the world population¹, with iron-deficiency anemia the most common type of anemia.

Reference

¹ McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Surveillance Information System, 1993–2005. *Public Health Nutrition* 2009; 12(4): 444–54.



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NUTRITION DECODER

Are you getting enough fibre from your cereal? Too much sodium from your snack? Here's how to find the nutrition answers you need from those complicated food labels.

BY KATE DALEY

NUTRITION FACTS TABLE

Health Canada has made nutrition labels mandatory on most prepackaged foods. Daily values (the highest recommended intakes for listed nutrients) apply to most people aged two and older and are based on a diet of 2,000 calories per day. Be aware, though, that daily values shouldn't be used for tracking food intake.

CALORIES

Calories measure the amount of energy in your food. While counting calories can be important for weight loss, many dietitians recommend looking at the overall nutritional value of the food instead. For example, a food containing nuts may be higher in calories, but it's also likely loaded with antioxidants and good fats to help keep you feeling full longer, meaning you'll eat less.

CHOLESTEROL

If you have heart-health concerns, you'll want to consider consuming no more than 200 milligrams a day of cholesterol, a type of fat found in animal products. Most people should aim to consume less than 300 milligrams a day.

SERVING SIZE

Pay attention to how much you're about to eat. Serving sizes aren't consistent from label to label, and they're not necessarily the suggested portion of food you should eat. If you're planning to tuck into a cup of cereal, and the nutrition facts are for a half-cup serving, keep in mind that you're consuming double the calories, fat and sugar listed.

FAT

All fats are not created equal, and not all fats are bad. For a healthy adult, fat should account for 20 to 35 percent of daily calories (45 to 75 grams per day for an adult woman), but you need to make sure you get the right types of fat and limit others.

SATURATED FAT

Health Canada advises reducing your intake of saturated fat found in animal products and tropical oils due to the potential negative effects on cholesterol levels and the heart. But it might not be as negative an association as initially thought, as new studies are raising questions about the association between saturated fat and heart disease.

TRANS FAT

The less trans fat in your diet, the better. Vilified for its role in raising "bad" cholesterol and lowering "good" cholesterol, this partially hydrogenated fat is found in many baked and fried processed foods, and it can increase your risk of heart disease. Look for products that contain little to no trans fat.

CARBOHYDRATE

You need roughly 300 grams of carbohydrates per day to fuel your body and brain; it's your body's main source of energy.

SUGARS

There's no suggested daily value for sugar. The World Health Organization, however, has drafted new recommendations, advising people to limit all free, or added, sugars, which includes honey, syrups and fruit juices, to less than 10 percent of their total calories per day; it further suggests that a reduction to less than five percent would have additional benefits. Similarly, the Heart and Stroke Foundation recommends that intake of free, or added, sugars not exceed 10 percent of daily caloric intake, and ideally less than five percent. Health Canada is proposing that nutrition labels declare added sugars.

NUTRIENTS

The 13 core nutrients (fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, vitamin A, vitamin C, calcium and iron) are mandatory to list, but many companies add others, such as folate, vitamin D and potassium. Health Canada considers five percent or less "a little" and 15 percent or more "a lot." So if you're anemic, for example, look for an iron value above 15 percent to help boost your intake; if your iron levels are too high, look for a listing under five percent.

Cholesterol	0 mg	
Sodium	0 mg	0%
Carbohydrate	39 g	13%
Fibre	6 g	24%
Sugars	0 g	
Protein	5 g	
Vitamin A		2%
Vitamin C		0%
Calcium		2%
Iron		10%
INGREDIENTS		
WHOLE GRAIN OATS, TEXTURED SOY PROTEIN, SUGAR, WHOLE GRAIN WHOLE WHEAT FLOUR, CORN SYRUP, CHICORY ROOT, SOY GRITS, VEGETABLE OIL, CORN FLOUR, SOY PROTEIN, NATURAL AND ARTIFICIAL FLAVOUR, BROWN SUGAR SYRUP, OAT HULL FIBRE, DRIED CANE SYRUP, BAKING SODA, SALT, WHOLE GRAIN WHEAT, WHOLE GRAIN RYE, WHOLE GRAIN BROWN RICE, WHOLE GRAIN TRITICALE, CALCIUM CARBONATE, WHOLE GRAIN BARLEY, WHOLE GRAIN BUCKWHEAT, SESAME SEEDS		

SODIUM

Health Canada says adults, depending on age, should get between 1,200 and 1,500 milligrams of sodium per day (the minimum your body needs) and shouldn't consume more than 2,300 milligrams per day. Be mindful that the daily value on the food label is based on 2,400 milligrams of sodium, so downgrade your portion sizes accordingly if you want to cut back on salt.

FIBRE

Women need 25 grams of fibre per day, and men need 38 grams. Most Canadians get only half of that. Fibre is important for lowering cholesterol and keeping you regular.

PROTEIN

Like sugar, protein doesn't have a daily-value percentage, because most Canadians get enough of it in their diets. Find protein in both animal sources (think meat and dairy) and vegetarian sources (such as legumes and tofu).

INGREDIENTS LIST

Ingredients are listed in order of their amount within the food. Read this section carefully, as many similar ingredients may be listed under different names. For example, dextrose, sucrose, glucose and molasses are all forms of sugar.



What DO the Logos Mean?

ORGANIC According to the Canadian Food Inspection Agency, you'll find this label on products that contain 95 percent or more organic ingredients. If the label reads "organically raised," "organically produced" or another similar name, it must also meet the 95-percent-organic requirement.



NON-GMO PROJECT VERIFIED This verification means what you're about to eat has been produced according to consensus-based best practices for GMO avoidance through the Non-GMO Project, a nonprofit North American organization. (Read more about GMOs on page 40.)

"CONTAINS ONLY NATURAL INGREDIENTS"

According to the Canadian Food Inspection Agency, this means the product should not contain any added vitamins, added minerals, artificial flavouring or food additives. It also shouldn't have been significantly changed or have had components removed (except water), and it shouldn't have been submitted to processes that have significantly altered its physical, chemical or biological state.

GLUTEN-FREE Regulated by Health Canada, this is a very important label for those with celiac disease. It means that gluten, if present, must not exceed 20 milligrams per kilogram, or parts per million, of the product.

Rob Facts

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*per serving



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OF 2014 CANADIAN LIVING NUTRITION SURVEY RESPONDENTS SAVE SOME ROOM IN THEIR GROCERY CARTS FOR ORGANIC GOODS.



Soda Savvy

Canadians are getting the message about the health risks of drinking pop. Regular soft-drink consumption has been linked to diabetes, obesity and high blood pressure. Fifty-eight percent of Canadians who responded to *Canadian Living's* 2013 Nutrition Survey said they don't drink pop. Just one year later, the percentage of pop abstainers has increased to 65 percent. Keep it up!



DO Lunch Differently

About 50 percent of *Canadian Living* survey respondents say they eat out or order in once a week or more. It might be convenient, but if you're buying your lunch, it can get expensive—and it's easy to rack up calories. Use these tips to pack delicious healthful lunches, and save money while you're at it.

BUILD A CANNING-JAR SALAD. Put dressing at the bottom, then stack the salad ingredients from least to most likely to get soggy (lettuce at the top!) to keep the ingredients fresh and appealing. When you're ready for lunch, shake your salad in the jar or toss it in a bowl.

TRY A TIFFIN BOX. These stackable stainless-steel food containers let you pack food separately, so you can graze on healthful foods all day. In the first container, keep your morning fruit and yogurt; in the second, include a quinoa salad; then at the bottom, store whole grain crackers or trail mix for an afternoon snack.

PACK INGREDIENTS SEPARATELY, THEN ASSEMBLE THEM

WHEN IT'S TIME TO EAT. Bring whole grain bread, avocado and other toppings and create an open-faced avocado sandwich at your desk. Try keeping oil and vinegar at your workstation so you can dress salad with a healthful vinaigrette. — *Jill Buchner*

MONEY-SAVING TIP: MAKE IT YOURSELF

Money expert Gail Vaz-Oxlade is the first to admit that eating well on a budget is no easy feat. But, she says, no matter your food bill, you can spend about two-thirds less by avoiding takeout. And you'll often eat more nutritiously, too. Vaz-Oxlade recommends making salads without rich dressings, topping them instead with juicy fruits that provide moisture and flavour. She loves tossing romaine lettuce with chicken, pomegranate, sliced apple and a little balsamic reduction, or mixed greens with watermelon and feta.

SMOOTH OPERATOR

While 2014 was the year of juicing, 2015 is set to be the year of whole-food blending. Why? It turns out all those fancy cold-pressed potions were missing something important: fibre. When you blend fruit and veggies to make juice, you keep the nutrient-rich pulp and skins that juicers filter out. That fibre is beneficial to your digestive system, plus you can reduce those harmful blood-sugar spikes that can come with drinking juices without fruit or veggie fibre. Try blending up a mix of apple (minus the seeds), orange (peeled and seeded), ginger and carrot, or try a combo of beets, lime (peeled and seeded), apple and spinach.



GUEST EDITOR

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PHOTOGRAPH: THINKSTOCK (CAN. SALAD)
FRUIT: DAVID WILLE (VAZ-OXLADE)

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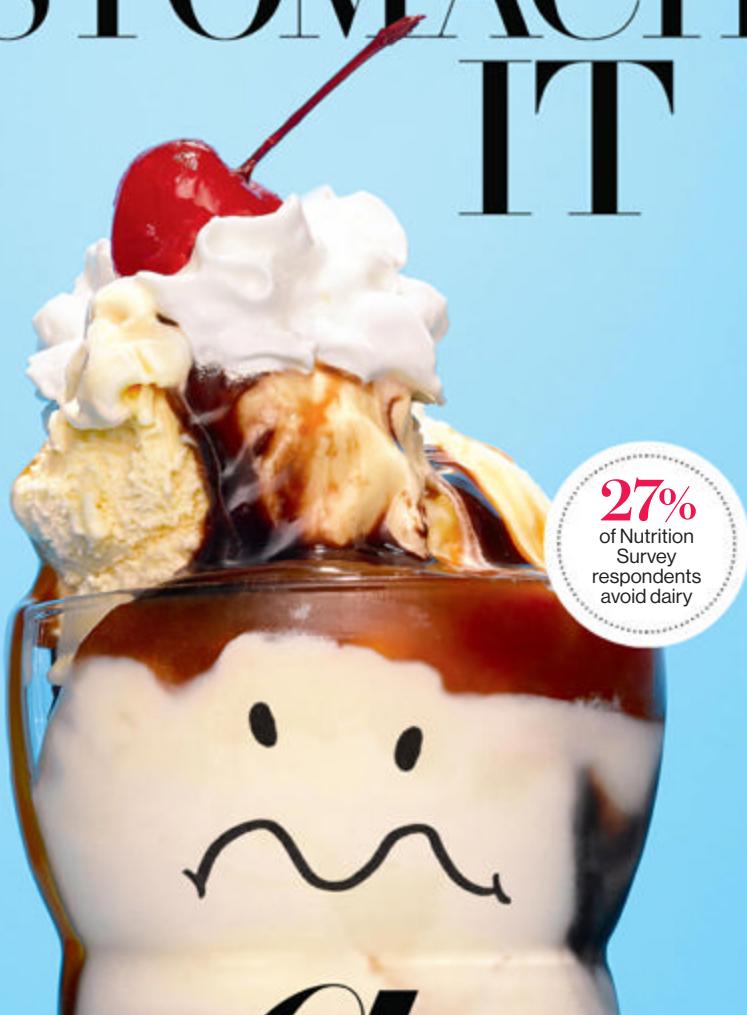
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CAN'T STOMACH IT



27%
of Nutrition Survey
respondents
avoid dairy

a

Think you might be dealing with a food intolerance, sensitivity or even an allergy? Here's what you need to know before overhauling your diet.

BY JOANA LOURENÇO

FTER SUFFERING FROM gastrointestinal issues and nonstop fatigue for months, I visited a naturopath for some guidance. She put me on a very specific gluten-free diet, thinking gluten, a protein found in wheat, barley and rye, might be the source of my problems.

Sticking to the diet was easier said than done. Gluten can be found in a surprising number of foods—such as some soy sauces and salad dressings—and I was overwhelmed by all the restrictions. For a few months, I loaded up on items from

the health food store that were labelled “gluten-free”: pasta and muffins made with rice flour, cashew-butter cookies and corn tortilla chips.

While I felt no better and ultimately ditched the diet—the only thing I gained was a few pounds—the lack of variety in the foods I was eating meant I was also potentially putting myself at risk for nutritional deficiencies.

More and more people are changing their diets as a result of a self-diagnosed food intolerance. Despite my personal experience, some people say that cutting out gluten, dairy, eggs or wheat has made a difference in their overall health and happiness. But what's really going on? Will switching up your diet actually help your health?

WHAT IS A FOOD INTOLERANCE?

A food intolerance is an adverse reaction to a food that doesn't involve an immune response, making it different from a food allergy. Symptoms vary but typically include gastrointestinal issues, such as abdominal pain, gas, bloating and diarrhea, and non-GI symptoms such as headaches and joint pain.

Food intolerances may occur when you don't have enough of an enzyme to fully digest a particular food. People who are lactose-intolerant don't have enough lactase, for example. Those with intolerances may also experience delayed symptoms. “You can consume something today and only experience symptoms tomorrow,” says Afsoun Khalili, Toronto naturopath and associate professor at the Canadian College of Naturopathic Medicine.

HOW IS AN INTOLERANCE DIAGNOSED?

If you suspect you have a food-related reaction, consult a medical professional before making any dietary changes. If you're referred to an allergist, he or she will ask you for a comprehensive account of your history with the foods you suspect. “Truly, in many situations, the diagnosis can be made on the history alone,” says Dr. Elana Lavine, Toronto pediatric allergist and clinical immunologist and author of a primer on food-sensitivity testing published in 2012 in the *Canadian Medical Association Journal*. To corroborate the history, an allergist will use other methods, such as a blood test or a skin-prick test, whereby

a tiny bit of the contentious food, or extracts of the food protein, are applied to the skin to see if an immune response is generated.

Some health practitioners will recommend commercial food IgG antibody tests as assessment tools. These tests can cost upward of \$400 and claim to identify food intolerances or sensitivities through blood tests, but Dr. Lavine has not found them helpful. "There's a lack of evidence when it comes to accuracy," agrees Kate Comeau, Halifax registered dietitian and spokesperson for Dietitians of Canada. "They typically just show us the foods you're eating most frequently."

While Dr. Lavine doesn't recommend commercial food antibody tests, she acknowledges that people undergo them with the best of intentions. "They're trying to advocate for their own health or for the health of their child but are left quite baffled about how to interpret the results." She has seen parents restrict the whole family's diet, removing staple foods such as milk, eggs and wheat and buying alternative products that may be less nutritious and more expensive.

ARE FOOD ALTERNATIVES HEALTHY?

Comeau worries that avoiding a large number of foods could potentially put people at unnecessary risk of nutrient

deficiency. "Some of the food alternatives on the market aren't a more healthful choice. In some cases, they're not healthful at all," she says.

"Research has shown that some gluten-free foods, especially staples like bread and pasta, have higher fat content and lower protein content than regular foods," notes Dr. Mohsin Rashid, pediatric gastroenterologist and professor of pediatrics and medicine at Dalhousie University in Halifax as well as professional advisory board member of the Canadian Celiac Association. He also notes that some people with celiac disease gain excessive weight when put on a gluten-free diet.

I recall the packaged foods I relied on during my own attempt at a gluten-free diet. Some of them, like bread made with rice flour, were higher in calories than my regular bread (which might explain the weight gain).

While it's OK, after an intolerance diagnosis, to try a few processed products to help you avoid foods that are problematic for you in the short term, Comeau recommends gradually moving toward eating minimally processed foods and cooking meals yourself. The goal is to eat a variety of foods to ensure that you're meeting all of your nutritional needs.

26%
of Nutrition Survey respondents avoid gluten



MODERATION IS EVERYTHING

If allergies or diseases have been ruled out and a food intolerance is identified, your physician or dietitian can advise you on making healthy diet changes. You may be able to consume small amounts of the food or drink without any problems. And if you do indulge, it may cause symptoms but not damage to the body. "I tell my clients it's their decision, and they know the consequences," says Comeau. "If a client is lactose-intolerant and really wants to eat ice cream, I say go for it! People need to own what they choose to do."

What's the difference between a food intolerance, a food allergy and a food sensitivity?

Food allergies have an immune basis, so you experience symptoms every time you consume a food. Typical symptoms include skin rash, swelling and hives; severe reactions can be life-threatening. (Gas and bloating without any other symptoms don't necessarily constitute an allergic reaction.) Unlike intolerances, a delayed response is rare—allergic reactions usually present within minutes to a few hours after eating the food.

Diseases like celiac are different. For those

with the autoimmune disease, the immune system attacks one's own body when gluten is consumed, damaging the villi that line the intestines, which can lead to serious nutritional deficiencies. If a screening blood test for celiac comes back positive, the diagnosis is usually confirmed with a biopsy of the small intestine. The Canadian Digestive Health Foundation suspects more than 330,000 Canadians have celiac disease, but only a third of cases are diagnosed.

It's a lifelong disorder, and those with celiac are at an increased risk of other diseases, such as thyroid problems, Type 1 diabetes and small intestinal cancer.

Food sensitivities, meanwhile, can mean different things. Some experts consider sensitivity to be synonymous with intolerance, but there is no consensus in the scientific community. "Sensitivity is a rather loose term," says Dr. Rashid. "It means you get symptoms when you consume a food, but it's probably not

an intolerance—you're not missing something in the body to digest it—and it's not a typical allergy, either." Symptoms vary from person to person, as does the amount of the food required to provoke the reaction.

Non-celiac gluten sensitivity—when people get gluten-triggered symptoms but don't have celiac disease or the accompanying damage to the intestines—is an example of a food sensitivity. With no test for this sensitivity, the diagnosis is made by ruling out celiac disease. "It is hard to study how many

people have non-celiac gluten sensitivity," says Dr. Rashid, "because patients may not be going to their physicians—they are trying a gluten-free diet on their own first."

Self-diagnosing is potentially dangerous, as some people who think they have a gluten sensitivity could actually have celiac disease or a wheat allergy, which, if left untreated, could have serious long-term health consequences.

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***tip one***

You've got back-to-back meetings all day and your home-prepared lunch was finished hours ago. Take five minutes to get up and stretch. Then, run out for a snack with protein like a chicken wrap, or try a bowl of Tim Hortons Harvest Vegetable soup for a full serving of vegetables.



HARVEST VEGETABLE SOUP

Don't let life stop you from **EATING WELL**

You're busy—and sometimes that means eating well falls down your priority list. Whether it's work or play that's got you grabbing less-than-ideal fuel, try these tips next time you're hungry and in a hurry.

***tip two***

Part of the fun of road trips is indulging in sweet and salty treats. Balance it out with better-for-you options that are just as easy to eat in the car, like a Greek yogurt parfait, classic bagel or whole-grain muffin.



EGG WHITE TURKEY SAUSAGE BREAKFAST SANDWICH



GREEK YOGURT PARFAIT



PREMIUM BLEND COFFEE

tip three

In an ideal world, you would wake up to breakfast in bed with a warm croissant, a bowl of berries and a glass of freshly squeezed fruit juice. In the real world, your mornings are spent rushing to work and/or getting the kids ready for school. Stop at a drive-thru and grab something just as satisfying like an egg white breakfast sandwich and, of course, a coffee. Kids won't mind eating en route, and you'll be ready to focus on your day—not your hunger.

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Major digestive disorders are on the rise in Canada. If you've got a bellyache that won't go away, read on to find relief.

BY JACKIE MIDDLETON

Trust Your Gut

OUR YEARS AGO, when Lauren*, a Toronto advertising director, experienced a spell of constipation, she didn't stay home from work or put her social life on hold. But when two days stretched to two weeks and over-the-counter medications failed to deliver relief, the then-35-year-old became concerned. "I was having cramps and pain," she says. "Then, it spiralled into vomiting, weight loss and nonstop bloody diarrhea. I couldn't leave the house for a week because I was going to the washroom every 15 minutes."

Lauren's physician booked her an appointment with a gastroenterologist, but the ordeal was far from over. "My symptoms weren't improving, and it took six weeks to get an appointment," she says. "I didn't know what was happening with my body." A colonoscopy eventually revealed she was suffering from inflammatory bowel disease (IBD). ☀

IBD

- Inflammatory bowel disease can mimic other ailments, including irritable bowel syndrome. If you suffer from gastrointestinal symptoms, visit your doctor and inquire about the possibility of having IBD.
- You'll likely be referred to a gastroenterologist for a colonoscopy. While you're under conscious sedation, a small camera is inserted into your rectum to examine your colon and small bowel.
- You may need to undergo an ultrasound or a CT or MRI scan. Blood tests and stool samples might also be taken to confirm an IBD diagnosis.

IBS

- To determine whether you have irritable bowel syndrome, your doctor will discuss your health history and symptoms, as well as order blood tests for celiac disease and a complete blood count. Testing detects anemia and inflammation, conditions that aren't associated with IBS.
- Your symptoms and test results will help your doctor assess whether an IBS diagnosis should be made.
- If you have severe symptoms or a family history of IBD or colon cancer, a colonoscopy might be ordered to rule out a more serious illness.



How Do You Know If It's Cancer?

The symptoms of IBD—bloody diarrhea, abdominal pain, weight loss and fatigue—can mimic those associated with colon cancer. “**Patients with long-term IBD may have a greater risk of the disease,**” says Dr. Gil Kaplan, gastroenterologist and associate professor of medicine at the University of Calgary. “Colon cancer is typically a disease that happens in elderly individuals, though it can also affect younger individuals, particularly if they have risk factors like colitis or a first-degree relative with colon cancer.” If you experience these symptoms for two weeks, see your doctor.

If you’re over 50, the Canadian Cancer Society recommends having your stool tested every two years to screen for colon cancer. This noninvasive test looks for hidden blood in the stool, an early warning sign for cancer.

According to the Canadian Digestive Health Foundation, every year, more than 20 million Canadians struggle with digestive disorders, including lactose intolerance, celiac disease and gastroesophageal reflux disease. Even more complex, IBD affects 233,000 of those people—including Lauren. More and more Canadians are being diagnosed with the disease every year. In fact, we have one of the highest occurrences of IBD worldwide: One in every 150 Canadians suffers with the condition.

Irritable bowel syndrome (IBS), often confused with IBD, afflicts five million Canadians—one of the highest incidences on the planet. IBS is a combination of chronic digestive issues involving motility (how intestinal muscles move contents through the bowel) and sensitivity (how the brain interprets sensations within the bowel), which results in symptoms such as abdominal discomfort, bloating, diarrhea and constipation.

If digestive issues are interfering with your daily routine, your gut might be trying to tell you something.

WHAT IS INFLAMMATORY BOWEL DISEASE?

IBD encompasses two chronic inflammatory disorders of the gut: ulcerative colitis and Crohn’s disease. Ulcerative colitis is characterized by inflammation and superficial ulceration in the large intestine, usually the rectum and sometimes extending to the colon. Sufferers are plagued by severe or bloody diarrhea, abdominal pain, fatigue, nausea, vomiting, weight loss, fever, anemia and decreased appetite. Symptoms can be active for weeks or months, then disappear. These symptom-free spells, or remissions, often instill patients with a false hope that the disease has run its course, but ulcerative colitis is chronic and will flare up again.

Crohn’s disease has many of the same symptoms but is a different beast. “Crohn’s disease can cause inflammation in any part of the gastrointestinal (GI) tract, from your gum to your bum,” says Dr. Gil Kaplan, gastroenterologist and associate professor of medicine at the University of Calgary. “You can get it in your mouth, esophagus, stomach, small bowel or colon.”

For Lauren, Crohn's affects only her colon, but over time, it could begin to attack other parts of her digestive system. Crohn's can affect several areas simultaneously, and no two patients share the same experience. Like colitis, Crohn's is chronic, so symptoms are either active or in remission.

HOW CAN IBD IMPACT YOUR HEALTH?

Though the life expectancy of IBD patients is roughly the same as that of the general population (or two to three years shorter in the case of Crohn's patients), sufferers may face serious complications. Inflammation can cause primary sclerosing cholangitis (scarring of the liver's bile ducts), leading to fatigue, itchy skin and, eventually, liver disease. When the small bowel is involved, poor absorption can lead to nutritional deficiencies. Inflammation can also travel beyond the gut, assaulting the eyes, skin and joints, where crippling arthritis can take hold.

Meanwhile, women can sometimes experience impaired fertility. "Some surgical procedures for IBD in the pelvis can cause scarring and postoperative changes around the fallopian tubes and ovaries," says Dr. Zane Cohen, director of the Zane Cohen Centre for Digestive Diseases at Mount Sinai Hospital and colorectal surgeon and professor of surgery at the University of Toronto. IBD can also precipitate a more problematic condition: "Both Crohn's and colitis are diseases with chronic inflammation that may put long-standing patients with extensive colon involvement at greater risk for developing colon cancer," says Dr. Cohen.

HOW DO YOU DEVELOP IBD?

Crohn's disease and colitis can manifest at any age, but IBD hits adolescents and young adults most often. Both sexes are affected equally, as are most ethnic groups; however, an increased risk has been found in those of Ashkenazi Jewish descent.

Though the cause of IBD is still unknown, current research is focusing on a possible connection between genetics and the immune system's response to environmental triggers. "It's not a purely genetic disease, but there are strong genetic influences," says Dr. Ken Croitoru, gastroenterologist at the Zane Cohen Centre for Digestive Diseases at Mount Sinai Hospital and professor of medicine

and immunology at the University of Toronto. "The current belief is that the immune system responds to something in the environment and causes severe inflammation and damage of the GI tract lining."

Environmental triggers could be anything: something in the air or water; exposure to certain infections; or changes in normal gut bacteria due to antibiotic use. Many patients believe diet is a trigger, but Dr. Croitoru says, "We haven't been able to identify a diet trigger that will either lead to the risk of developing IBD or make it worse."

HOW IS IRRITABLE BOWEL SYNDROME DIFFERENT?

IBS is often mistaken for IBD, but they are separate and distinct ailments. Unlike IBD, IBS symptoms aren't fuelled by inflammation. "The sensory nerves of the gut get irritated or slightly altered and start sending more signals to the brain, resulting in abdominal pain and bowel habit changes," says Dr. Christopher Andrews, gastroenterologist at the University of Calgary. The bowel might work too fast or too slow, leading to nonbloody diarrhea or constipation and sometimes alternating between the two.

In Canada, IBS hits young adults most often and is more common in women. "We don't usually see an obvious cause," says Dr. Andrews. "People can get IBS after a gut infection or surgery that inflames the gut's nerves." And while depression, anxiety and mood disorders don't cause IBS, these stressors can worsen the condition, as can an unhealthy diet and lack of sleep.

IBS is highly unpredictable. Symptoms can be active and then disappear for months. For some fortunate individuals, IBS will vanish completely. For others, even though it's not life-threatening and doesn't increase the risk of colon cancer, the misery of IBS controls their lives, causing absences from school or work.

WHAT TREATMENT OPTIONS ARE AVAILABLE?

Unfortunately, there's no cure for IBD; there isn't a one-size-fits-all treatment, and no treatments are 100 percent effective. Changes to one's diet can help alleviate symptoms, and patients must also rely on medications and surgery for symptom management. "The goal is to provide control of inflammation using medicines

How to Keep Your Gut Healthy

DON'T SMOKE

"Smoking has a big impact on gut health," as it changes the composition of microorganisms in the bowel, says Dr. Gil Kaplan, gastroenterologist and associate professor at the University of Calgary. "If you smoke and have a predisposition for Crohn's, you could develop the disease."

EXERCISE REGULARLY

Being active can speed digestion, so you're less likely to experience constipation.

GET MORE VITAMIN D

"There's a lot of work on vitamin D deficiency and developing gut diseases," says Dr. Kaplan. "Get vitamin D through sunlight exposure, milk or soy products enriched with vitamin D, cooked egg yolks, salmon, mackerel, cod liver oil or supplements."

AVOID UNNECESSARY ANTIBIOTIC USE

Antibiotics are prescribed to treat bacterial infections such as UTIs, strep throat and whooping cough, but they don't treat viruses that result in colds or flus. Even when taken properly, antibiotics can kill good bacteria in your intestines.

ADD FIBRE

Eating 25 to 38 grams of fibre each day can help keep gut troubles at bay. Foods such as raspberries, skin-on pears, 100 percent bran flakes, cooked lentils, green peas and artichokes all have at least four grams of fibre per serving.

CONSIDER TAKING PROBIOTICS

Ask your doctor if you should take a probiotic supplement to help restore good bacteria in your gut.

whose benefits outweigh the risks," says Dr. Croitoru. Drugs such as anti-inflammatories (5-ASA), antibiotics and steroids (prednisone) can be used, but they're not always effective and they can have significant side-effects. Prednisone, for example, can reduce inflammation but is not a long-term solution due to potential complications such as diabetes, high blood pressure and, as in Lauren's case, muscular myopathy. "Steroids broke down the muscle mass in my upper legs, so I couldn't use stairs or stand for long periods. I could still walk, but I was unsteady and had to hold onto something at all times." Once Lauren weaned herself off prednisone, her muscle strength returned, but not all patients are as lucky.

A new generation of drugs, immunosuppressants, offers effective treatment with fewer risks. Better tolerated long term than steroids, immunosuppressants such as Humira and Remicade bind and neutralize a protein called tumour necrosis factor (TNF), which is produced by the immune system. Excess TNF levels, found in those with Crohn's disease, cause the immune system to attack healthy cells, resulting in inflammation. Immunosuppressive drugs may be effective at counteracting this process, but suppressed immune function makes it more difficult for patients to fight infections.

Surgery is another important piece of the treatment puzzle. "If a Crohn's patient has an obstruction, surgery might happen before medications," says Dr. Robert Enns, clinical associate professor of medicine at the University of British Columbia and division head for gastroenterology at St. Paul's Hospital in Vancouver.

Managing IBS is easier. "Treatment is focused on improving the patient's symptoms," says Dr. Andrews. "Sometimes, this requires dietary changes or medications." It's also important for patients to understand and even take comfort in their diagnosis. "Once patients know that this is a real disorder and it's not in their heads, they are often reassured and the worry about the symptoms improves," says Dr. Andrews.

WHERE DO WE GO FROM HERE?

There are several new treatment options on the horizon. Health Canada is reviewing vedolizumab, an antibody that suppresses only the bowel's immune response and leaves the rest of the immune system



One in every 150

CANADIANS HAS IRRITABLE BOWEL DISEASE.

unaffected, thus minimizing the potential for adverse effects.

McMaster University in Hamilton is conducting the first randomized controlled trial for ulcerative colitis and fecal transplants, an innovative therapy that takes liquidized stool from a donor and "transplants" it via enema into the bowel of a colitis patient; the aim is to restore a stable community of good bacteria. While fecal transplants might sound gross, they're about 90 to 95 percent effective in trials treating recurrent *C. difficile* infections, which can cause diarrhea and bowel inflammation. Mount Sinai Hospital researchers are hoping to create a future in which IBD isn't just managed but cured. "The challenge is identifying what happens early on and learning how to prevent the disease in someone at risk," says Dr. Croitoru, who is leading an

international study called the genetics, environmental, microbial (GEM) project. Focusing on Crohn's disease, Dr. Croitoru and his associates are researching why some genetically at-risk people develop the disease while their siblings do not. By delving into how genetics, environment and the microbial makeup of a person's digestive system interact, researchers hope to uncover the cause or trigger of Crohn's disease—information that may well lead to a cure.

MEANWHILE, Lauren has continued to struggle throughout the last four years. "Without a cure, it's easy to fear this disease," she says. "I'm hyperaware if my tummy rumbles too many times or if I suddenly stop having regular bowel movements. It's always in the back of my head: What if something triggers my symptoms to be active? I'm in remission—that's the good news. But the bad news is that it's like a ticking time bomb. It feels like the other shoe is going to drop at any moment. The side-effects of the immunosuppressive drugs might lead to even bigger problems. I'm good right now, but at what cost?" ●

*Name has been changed



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Change of

Not a runner? No worries: It turns out walking is the smarter get-healthy strategy. (Yes, really!) **BY YUKI HAYASHI**

WHEN I RUN, I FEEL LIKE A CHAMP. I'm not a fast or particularly stylish runner (seriously, when did a 5K race become a dress-up event? No one sent me the memo!), but I can run long and run happy, free of aches and pains. Although I've tried other kinds of exercise, "runner" is the identity I've claimed, and it's the one that brings me the most satisfaction.

So imagine my frustration when, sidelined by an injury I sustained during a CrossFit class, I was forced to switch to walking. "I'm going to lose all my cardio conditioning!" I wailed to my partner. "Walking isn't so bad," he said, reminding me

of the kilometres he'd been logging since we adopted our dog the year prior—kilometres that helped him lose weight and feel healthier than he had in ages.

As it happens, walking is one of the best exercises for you. It doesn't command the street cred that running does, but it can be just as effective at reducing your risk of high blood pressure, high cholesterol and Type 2 diabetes. Walking for at least seven hours a week (about an hour a day) can even lower your breast cancer risk. Like other forms of exercise, walking is also beneficial for mental health, and reduces anxiety and depression.

Pace

“It’s a huge stress release,” says Dave Couture, who leads walking clinics for the Running Room in Edmonton.

Often, the hardest part about getting fit is taking those first steps to the gym or the pool. For beginners, walking can be less intimidating. Dave’s wife, Robyn Engel Couture, took up walking when she decided to get healthy five years ago. After overhauling her diet and joining a walking clinic, the mother of two lost a whopping 110 pounds. Now, she occasionally teaches beginner running clinics, but she says walking remains a valued part of her routine. Although she recently completed three half marathons, walking one in Vancouver, running one in Calgary and walking another in Edmonton with her father, the workout that challenges her the most might surprise you.

“I prefer running to walking because it’s not as exhausting,”

Walking can be just as effective at reducing the risk of high blood pressure, high cholesterol and Type 2 diabetes.

says Robyn. “People think walking is easier, but if you run, especially at a run-10-minutes, walk-one-minute pace, you use that minute to work different muscles. But walking is all-out, with no rest or use of different muscles.” Walking can almost double the amount of time it takes to finish a course, which means that it can be just as hard-core as running—if not more so.

There’s a caveat, however: To maximize the benefits of walking, you need to step it up. “Fitness walking is not a stroll in the park,” says Robyn. “You’ll sweat. You’ll get your heart rate up.”

“Intensity matters,” agrees Martin Gibala, kinesiology professor at McMaster University in Hamilton. “The more intensely you walk, the more calories you’re burning.” Generally speaking, brisk walking at 4.8 to 6.4 kilometres per hour results in better gains for your heart, lungs and overall health.

But don’t let talk of intensity intimidate you. Like with any sport, the biggest hurdle is your mind. Just start walking and set small goals. “I spend an hour to two hours a day walking 20 to 50 city blocks,” says Katharine Mulherin, an art dealer and gallerist. Splitting her time between Toronto and New York, she finds walking to be a great way to explore her new city while commuting from the suburbs to Manhattan’s Lower East Side.

Don’t despair if you can’t dedicate an hour to walking every day. To see health gains, all you really need is 30 minutes, five days per week. It can even be attained in fits and bursts: getting off the bus ahead of your stop and trekking to your office, climbing stairs on your coffee break or walking the dog after dinner. If you love walking, feel free to pursue the popular goal of 10,000 steps (approximately eight kilometres) per day, but you’ll need to walk for a lot longer than half an hour to achieve it. Just remember that the best exercise regimen is the one you stick with—if that’s 30 minutes (about two to three kilometres) a day, so be it.

If you’ve lacked the motivation in the past, consider signing up for a walking clinic. We know: a clinic? For walking? Really? Even Robyn was a skeptic. “I kept saying to my husband, ‘I can walk! Put one foot in front of the other!’” she recalls. But what the clinic offers is a support system. Clinics help beginners overcome mental and physical hurdles, set goals, learn about gear, clothing and nutrition, and master proper form, pacing and all-important intensity. They’ll ease you into hill repeats and fartleks (a sequence of walking at a moderate pace, then speeding up, say, from one traffic light to the next), and participants are sorted into pace groups so that no one walks alone. (This is especially important in winter, when shorter days increase the potential danger of cars and, in some areas, wild animals.)

For me, it’s been an eye-opening experience. I know I’ll run again once my injury heals, but walking has become an important part of my day-to-day life. Instead of waiting in line for a treadmill so I can warm up, I speed walk to the gym and arrive ready for the weight room. Another perk has been family time. My tween won’t go running with me anymore, but walking, dog in tow? Sure. We include 100-metre speed-walking interval races, and midway through, we’re laughing. Walking isn’t running, but who cares? It’s awesome enough, just as it is. ●



HEALTH
SERIES

STAY WELL

Stay in harmony

Keeping your home, work and family life in check is a chore unto itself. But you don't need a miracle to restore a sense of self and sanity. These busy, professional moms share simple strategies that work for them.

TAKE TIME TO UNWIND

Stressed out? Don't be surprised if your Irritable Bowel Syndrome (IBS) symptoms act up. Michelle, a college teacher, offers two tips she uses to keep stress at bay: "I take long baths a few times a week and I read books so that I can be relaxed enough to enjoy parenthood." Adding a probiotic, like Align™, into your routine will help further relieve symptoms of IBS.

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TAKE CARE OF YOURSELF

For Tina, a busy dental hygienist, staying balanced means integrating positive routines into her life: "I get up before everyone else to have my morning coffee. It gives me a calm moment before the day starts," she says. Your routine might include daily exercise or something as simple as using the new Oral-B SmartSeries White 7000 electric toothbrush with Bluetooth connectivity, which gives you real-time feedback on your brushing.



MAKE A PLAN

"Planning is critical," says Anne, a doctor. "I am a planner and like to make sure that things are organized well in advance. If I don't, work will take over. I have to carve out time for family or else I'll just get home in time to say goodnight to the kids." When it comes to shopping for the family, the PC Plus™ program is also an efficient way to help stay organized by planning your meals around your weekly personalized offers through pcplus.ca. There are also helpful time-saving recipes that you can use to pre-plan as well!

SPEND TIME TOGETHER

"Eating dinner together is what grounds me when everything seems to be moving too fast," says Leslie, a journalist and author. "Making dinner a priority might sound a bit traditional but, in my mind, learning to slow down, enjoy the people around us, and share ideas keeps us all connected." Involve your kids in the process and sign them up for a class with PC® Cooking School conveniently located in Loblaws® stores. They'll learn delicious, easy to prepare recipes that you can make together. After class, spend some family time shopping for the ingredients you'll need to recreate the meals at home. Also available at Loblaws® are nutritious in-between-meal snacks from PC® Blue Menu®, like their Unsalted Natural Almonds, for those days when time is at a premium.

GET ENOUGH SLEEP Sleep is vital to our well-being—though sometimes getting enough is easier said than done. One hour before bedtime, shut down any bright screens (they can overstimulate your senses). When it's time for bed, settle in, turn off the lights and take some deep breaths to help relax from your busy day. If you have occasional trouble sleeping, an effective sleep aid like ZzzQuil can help.

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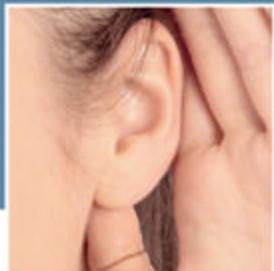
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the second box I noticed that the ringing was reducing in strength and its been declining ever since.

I can't express how happy this makes me feel and how much I now enjoy some silence. I still take Ear Tone, just to make sure I keep my ears healthy and to prevent problems in the future.

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Lilly P., Sweden

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Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

STUDY NEWS

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European Study

The link between excess sugar consumption and increased body fat has long been known, but recently a natural sugar-blocking supplement showed impressive results in an Italian clinical study, published recently.

The product, called Zuccarin Max, produced average weight loss of 20 pounds in only 90 days, which was

significantly more than the placebo group and equal to 10% of initial body weight.



"White Mulberry Supplementation as Adjuvant Treatment of Obesity", G.Da Villa, G. Ianiro, F.Mangiola, E. Del Toma, A. Vitale, A. Gasbarrini and G. Gasbarrini, Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.



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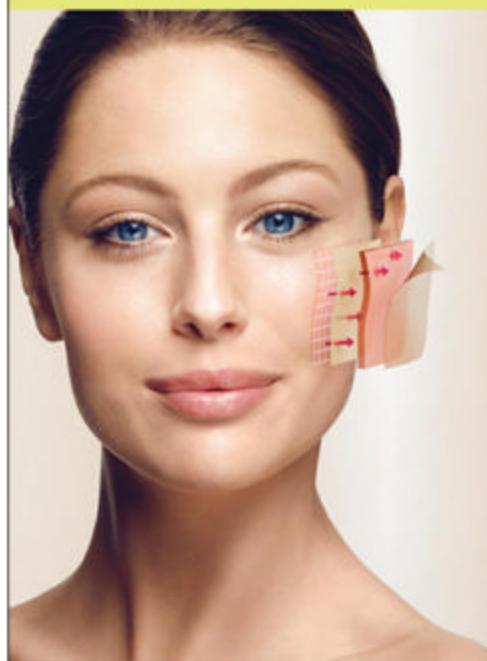


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BY ROBIN STEVENSON
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You can borrow more than books from the library. In Toronto, Ottawa and Vancouver, a valid library card allows patrons to take out a weeklong family pass for free admission to museums and other local attractions.

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Learn how to tackle your next DIY project—whether it's installing a faucet or building a wooden fence—at The Home Depot's workshops. Kids aged four to 12 can also get in on the DIY fun with a monthly in-store craft activity. Register at homedepot.ca/workshops.



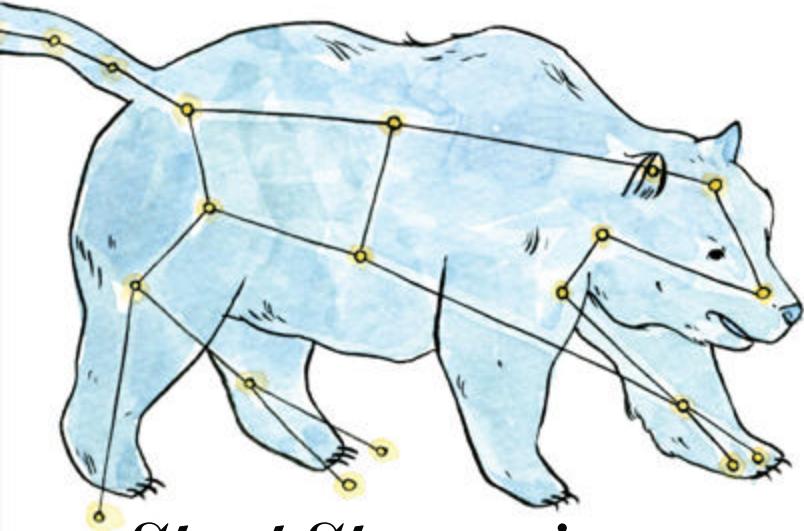
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Take advantage of free public telescope viewing nights at select observatories across Canada. Visit the Royal Astronomical Society of Canada website (rasc.ca/observatories) for more details.

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Family Bowling

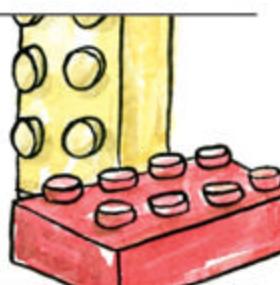
Register at kidsbowlfree.com and your kids will **receive two free games a day, all summer long**, courtesy of participating bowling centres. Purchase of a family pass (for parents) is optional. Use the Canadian search feature on the site to find age restrictions and a participating alley near you.

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CELEBRATE 7-ELEVEN DAY ON JULY 11 WITH A FREE 12-OUNCE SLURPEE. PARTICIPATING STORES ACROSS CANADA SERVE THE TREAT IN SPECIAL BIRTHDAY CUPS WHILE SUPPLIES LAST.



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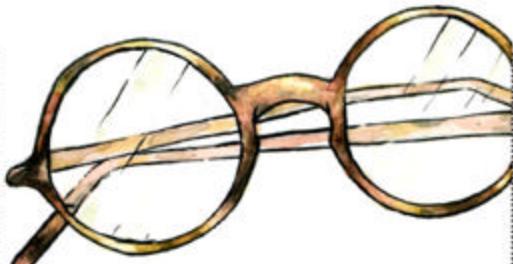
Register at mypuppy.ca or mykitten.ca to receive a free bag of Purina puppy or kitten food.

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Each August, Loblaw Optical offers a free pair of eyeglasses (frames valued up to \$29, with single-vision lenses) to children aged four to 10 with a prescription from within the past 90 days. Some restrictions apply. Visit loblaws.ca to find an optical location near you.



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Want to try your hand at jewellery making or fine-tune your scrapbooking skills? Michaels' two-hour intro classes provide expert instruction. (You provide your own supplies.)



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Show a valid ID on your birthday and Denny's will treat you to a Grand Slam breakfast.

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Both Apple and Microsoft stores offer free programming and workshops. Or keep the kids (aged 8 to 12) busy this summer at Apple Camp, a series of three-day workshops held in July at Apple store locations.



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Kids can fish without a licence, and adults can, too, during Family Fishing weekends (catchfishing.com) held in June and July. Beginners can download the free Catch Fishing booklet for tips.



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The best freebies go fast. These Canadian sites track the hottest offers so you don't miss out.

mrsjanuary.com

Website founder Cassie Howard shares freebie deals, coupon and finance tips and tricks, and frugal-living ideas.

redflagdeals.com

This site provides deals and coupons across 14 categories, from apparel to travel. Check the forums for discussions on freebie successes, price matching and more.

smartcanucks.ca

Features tech deals, coupons, sales, freebies and contest information.

bargainmoose.ca

Provides daily updates for coupon codes, freebies and hot deals.

FOR FREE DOWNLOADS LIKE FITNESS TOOLS, MEAL PLANNERS, GIFT TAGS AND MORE, VISIT canadianliving.com/freestuff.

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Canadian Living
QUICK & EASY
Vegetarian
90+ MEATLESS RECIPES TO LOVE!
Simple, healthful weeknight meals your whole family will enjoy

A photograph of the front cover of the "Canadian Living Quick & Easy Vegetarian" book. The cover features a vibrant photo of a stir-fry dish. Text on the cover includes the magazine name, the book title in large letters, a "Special Issue" badge, the number of recipes, and a tagline about simple weeknight meals.

MAKE IT *meatless*

Whether you're a full-time vegetarian or just experimenting with the benefits of eating meat-free, here are more than 90 of our favourite meatless Tested-Till-Perfect recipes.

Available on newsstands or online at
canadianliving.com/meatless

Canadian Living





hey. BIG SPENDER!

Advice from money guru
GAIL VAZ-OXLADE
can transform just about
anyone from a shameless
shopper into a smart saver.

BY JILL BUCHNER

g

GAIL VAZ-OXLADE was born a saver. She was just 12 years old when her father told her that he would match every dollar she saved and help her open her first bank account. "I used to get \$5 a week for lunch and \$2 for pocket money, but for that period of time I spent nothing," says Vaz-Oxlade, now a widely sought-after financial expert. She knows, however, that not everyone has the innate ability to put money aside for the future.

Vaz-Oxlade refers to a decades-old study as proof: A team of psychologists presented preschoolers each with one marshmallow and the choice of either eating it right away or waiting until the researcher returned to the room and receiving a second marshmallow. Scientists tracked down the kids years later. "The children who could defer long enough to get the second marshmallow were phenomenally more successful at life because they could delay their gratification," says Vaz-Oxlade. "That's a

distinguishing factor in terms of people's willingness to manage their money."

For those lacking a natural inclination to squirrel away money, don't despair—you're not doomed to a life of debt and poor financial planning. Here's how you can reshape your thinking and become a skilled saver.

Define "savings" the right way

We're bombarded with promises of savings through coupons, sales and discount retailers, but that's not saving at all. "You're reducing costs, but you're not saving," says Vaz-Oxlade. To become savers, we have to know what the term means. Buying anything—even if it's on sale—is spending. "Saving is the act of setting money aside for some later date, for a specific long-term purpose," she says. "If you're setting aside money for a new TV, that's not saving—that's planned spending."

Real saving, according to Vaz-Oxlade, is more akin to investing in yourself—



putting away money for retirement, education or emergencies. She says we need to treat our savings more like investments, so we should put our money into safe places that pay a decent return, such as higher-interest savings accounts.

Come to terms with what you really want

For spenders to change their ways and learn to accept the delayed gratification of long-term saving, they need to figure out what they actually want, says Vaz-Oxlade. Many people say they want a new home, but when she asks if they're willing to give up a few years' worth of vacations to get it, she learns that they have other priorities. "That's OK," she says. "It's your money. You get to spend it any way you want, but at least be true to yourself."

Knowing what you really want will help you work for it. "Until buying a house or going back to school becomes so impor-



tant to you that you're willing to give up other stuff to have it, you don't really want it," says Vaz-Oxlade.

When you spend, spend consciously

"We drive unconsciously, we work unconsciously, we live our lives unconsciously—and that includes shopping," says Vaz-Oxlade. To become a saver instead of a spender, the key is being more aware of *why* you spend. "People are often motivated by emotion," she says. "If you're sad or angry and you 'need' to go shopping, then find a way to steer your shopping toward something productive." For Vaz-Oxlade, that can be buying groceries.

"When we spend money, our brains release endorphins that give us a high," says Vaz-Oxlade. But that high isn't always healthy. To temper it, she recommends switching from credit cards to cash. "When we pay with cash, we have the offsetting pain of parting with the

cash," she explains. That can be enough to deter many of us from outspending our budgets.

Appreciate what you already have

Vaz-Oxlade is a big believer in judging yourself based on how you live, not on how much money you have—but it can be difficult to disengage from consumerism. "Our lives are focused on what we don't have," she says. "We think, I don't have a new coat this year—I have five coats, but I don't have a new coat this year. We're always looking to fill the have-not holes."

To reset the mentality that we're always missing something, she suggests taking inventory of what we already have. "Then we're starting from a perspective of, 'Look at my abundance. Look at the joy that I have already in my life.'"

 **GAIL VAZ-OXLADE ANSWERS YOUR QUESTIONS DURING OUR TWITTER CHAT ON FEB. 3 AT NOON EST. FOLLOW @canadianliving AND JOIN IN!**

THE SIMPLE MATH ON HOW TO SAVE

1 Do a spending analysis

Record what you spend, and where, each month before you even start to make a budget. This keeps you honest about what you typically spend, so you don't underestimate the cost of necessities, such as groceries, and set yourself up to fail.

2 Make saving a routine

Saving is an active pursuit; don't passively wait to see what you have left at the end of the month. Plan how much money you want or need to save a year (keeping in mind tip #1), divide that by 12, then plan to put that amount away each month.

3 Make a budget

None of us can mentally keep a running tally of what we've earned and spent, so it's important to write down how much you can afford to spend per month in each area of your life (food, shelter, entertainment, travel, savings, etc.). Then keep track of your actual expenditures to ensure that they don't exceed what you've planned.



At Hôtel la ferme, the hottest new hotel in Charlevoix, Que., the ingredients for a fabulous meal come fresh from the field.

Bon VOYAGE Bon APPÉTIT!

Hungry for a new adventure? Try exploring Canada through your tastebuds! We start our savoury tour in Charlevoix, Que., then hit a list of other foodie destinations across the country. *BY CINDA CHAVICH*



iN HIS SNAP-FRONT DENIM SHIRT and mesh trucker cap, David Forbes looks like he might be a tractor-driving farmer. But at Hôtel la ferme, the hottest new hotel in Quebec's food-friendly Charlevoix region, this is the standard uniform for rock-star chef-turned-consultant Forbes and Hôtel la ferme's brigade of farm-to-table cooks.

PHOTOGRAPH: ANDRÉ-Olivier Lyré (LANDSCAPE); COURTESY LE MASSIF DE CHARLEVOIX (PLATED FOOD)



Down-home style is part of the sustainable theme at Hôtel la ferme, a must-stop on the Charlevoix Flavour Trail.

VISITING CHARLEVOIX, QUE.

HOW TO GET THERE

Board the Massif train at the station just outside Quebec City. For info, visit lemassif.com/en.

WHERE TO STAY

Hôtel la ferme is open year-round. Visit lemassif.com/en/hotel.

DRIVING THE TRAIL

Follow the signs from Petite-Rivière Saint-François and looping northward parallel to the St. Lawrence River. Download the Flavour Trail Guide at tourismecharlevoix.com.

Like the award-winning hotel itself—modelled after a historic farm once run by local nuns—the down-home style is part of the sustainable theme, where growing food outside the hotel's back door is part of a cook's job description.

"This garden makes me feel alive. I feel the nourishment of it," says Forbes as he wanders among the tangle of organic vegetables, herbs and colourful flowers that often turn up on the guests' plates. "I love this broccoli—it's so much sweeter when it's just been picked. It's a burst of green, like candy."

The proof is in the tasting, which is evident on the satisfied faces of guests who start their day with bakery-fresh croissants, chow down at midday on an alfresco lunch of local cheese and charcuterie or enjoy a dinner of roast lamb with parsnip purée and garlic flowers.

The passion project of Daniel Gauthier, cofounder of Cirque du soleil, Hôtel la ferme is just one stop on Charlevoix's Flavour Trail. Located in the heart of the Laurentians, the network of more than 40 farmers, brewmasters, hoteliers, bakers,

growers, cheese-makers and restaurateurs signposts its properties with the official orange chef's-hat logo, thus welcoming folks to come in and experience the pride of Charlevoix: the food, as in award-winning cheeses, ciders, craft beers, pâtés, meats, chocolates and fruit.

Visitors can join a chef for a field-to-table cooking class, savour a chewy loaf of bread made with flour ground at a historic gristmill, quaff a local craft beer in a family-owned microbrewery or visit a cider house to watch as freshly picked apples are turned into a thirst-quenching drink.

The passion for local food is echoed by chef Patrick Turcot at the Fairmont Le Manoir Richelieu, another stop along the Flavour Trail. He calls on nearby La Ferme Basque de Charlevoix to supply corn-fed ducks and sources artisanal breads made with oat and flax or figs and pistachios at the popular bakery Pains d'exclamation. "I love to take people out to the farms to see the ducks, watch the cheese-making or visit the cider houses," says Turcot.

Experience a special kind of alchemy at Le Domaine de la vallée du bras, a farm where colourful heirloom tomatoes are fermented to make Omerto, a sweet aperitif wine. Chase it with a bite from Laiterie Charlevoix, whose washed-rind cheese is made with milk from the farm's own rare Canadienne cows. End the day with dinner at Auberge des 3 canards, where chef Mario Chabot shows a deft hand with local ingredients, including the wild mushrooms he forages himself. ●

PHOTOGRAPH: COURTESY HOTEL LA FERME (CHEF); COURTESY EDIBLE CANADA (PLATED FOOD); PAUL AUSTRING/TOURISM SASKATCHEWAN (WINE); TOURISM PRINCE EDWARD ISLAND (LOBSTERS)



more GOURMET GETAWAYS

1. GOURMET KAYAKING WEEKEND

GULF ISLANDS, B.C.

ON THE MENU Paddling the Georgia Strait to work up an appetite for locally sourced gourmet meals and wines from British Columbia

WHEN Spring and summer

SAVE ROOM FOR Gourmet s'mores with bourbon marshmallows. Visit ediblecanada.com.

2. APPLE PIE TRAIL BLUE MOUNTAINS, ONT.

ON THE MENU Tasting apple pie, preserves and local wines, plus hiking and biking along the trail from Collingwood to Meaford

WHEN May to October is best, especially if you're on a bike or in a canoe

SAVE ROOM FOR Applewood-smoked Cheddar from The Cheese Gallery in Thornbury. Visit applepietrail.ca.

3. FROM FIELD TO FORK: A CULINARY TOUR

SOUTHWEST SASKATCHEWAN

ON THE MENU Artisanal cheese (Eastend), saskatoon-berry wine (Cypress Hills), home-baked cherry pie (Treasure Valley) and mustard (Gravelbourg)

WHEN Summer and fall

SAVE ROOM FOR Homemade desserts and breads from the Downie Lake Hutterite Colony. For information on the full three-day road trip, visit tourismsaskatchewan.com.

4. FALL FLAVOURS FESTIVAL PRINCE EDWARD ISLAND

ON THE MENU Oyster-shucking contests, brewmasters' dinners, culinary boot camps and deep-sea fishing, plus celebrity dinners with popular Canadian chefs like Michael Smith and Lynn Crawford

WHEN September

SAVE ROOM FOR Fresh seafood, especially the lobster. Visit fallflavours.ca. — Doug O'Neill



Personal
Finance Expert
**DEIRDRE
MCMURDY**



Engage in your retirement

Canadians want a retirement that's personalized for them. As retirement age nears, it's time to take stock of savings. In the final installment of this three-part series, personal finance expert Deirdre McMurdy has advice on how to create a plan that's right for you.



DEIRDRE'S TIP

Review your portfolio.

As you get closer to retirement, the tolerance for risk usually declines sharply and preserving capital becomes a top priority. That means recalibrating the mix of assets in your portfolio and shifting away from growth stocks into more secure, stable investments. It also requires a hard look at returns in a low-interest rate environment, and variables like inflation. As you approach retirement, a trusted financial advisor can review your options to help you make the decision that's right for you.



DEIRDRE'S TIP

Break down the

numbers. Make sure you have a realistic lifestyle plan that your retirement budget can support. You need at least two separate sets of funds: one for basic living expenses and the other for more discretionary spending like trips or home renovations. Bear in mind that you're likely going to have retirement income from a number of sources and they should work together to deliver what you need (and want!).

62%

OF CANADIAN BOOMERS
BELIEVE THEY WILL BE MORE
ACTIVE THAN THEIR PARENTS
IN RETIREMENT.

(Scotiabank CK&I, January 2014 The Retirement Landscape – A Focus on the Baby Boomer)

DEIRDRE'S TIP

Determine how you'll withdraw. Because so much attention is focused on saving and investing, retirees sometimes neglect to apply the same rigour to withdrawing money—especially when it comes to registered funds. There are mandatory minimum withdrawals of 7.48 per cent a year when RRSPs are transformed into RRIFs or annuities. It's also important to make sure you are maximizing the tax efficiency of your various savings.

Make an appointment with a Scotiabank advisor to talk about a personalized plan that will help you reach your retirement goals.

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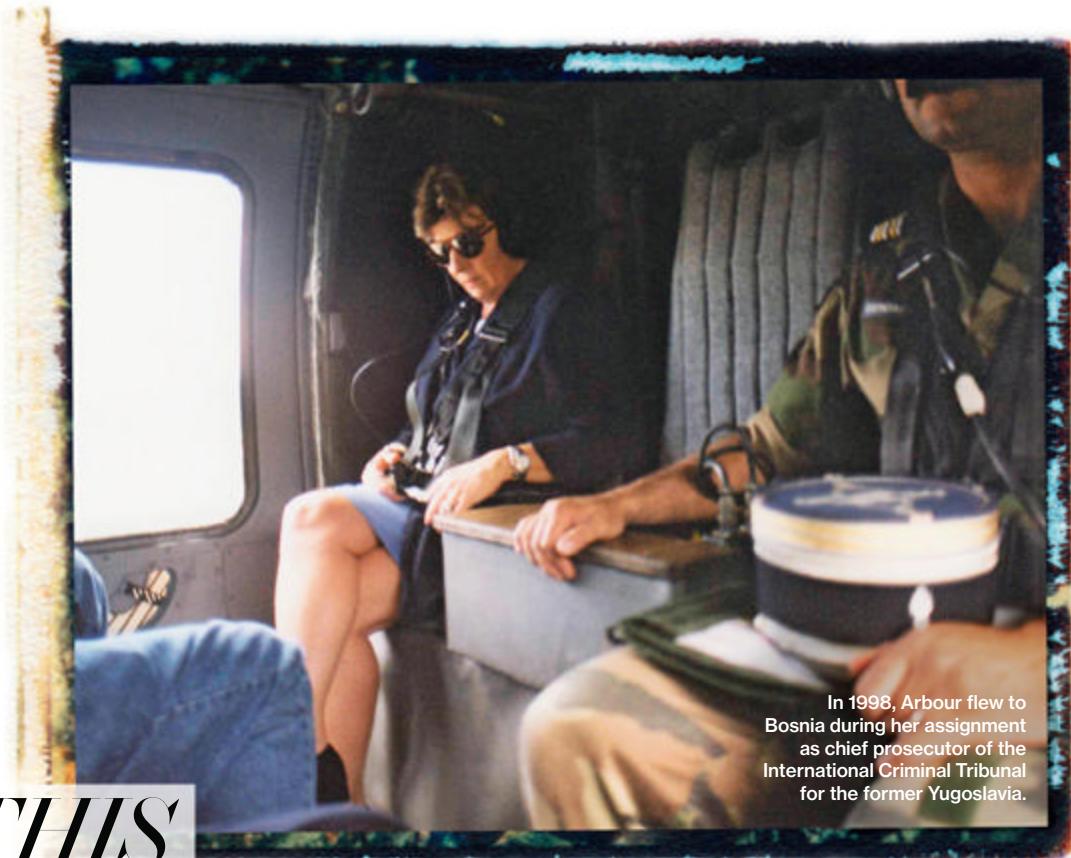
* The \$10,000 RSP Giveaway (the "Contest") commences at 12:00 a.m. (ET) on January 19, 2015 and ends at 11:59 p.m. (ET) on March 2, 2015. No purchase is necessary. The Contest is open to all legal residents of Canada who have reached the age of majority in their province of residence at the time of entry, except employees of The Bank of Nova Scotia and all agencies/representatives (and persons domiciled with them and immediate relatives) and anyone who will be over the age of 71 on December 31, 2015. There will be 6 prizes awarded, each consisting of a Registered Retirement Savings Plan (RSP) contribution of ten thousand dollars (\$10,000.00 CAD) to each winner's Scotiabank RSP. The chances of winning depend on the total number of eligible entries received during the Contest period. Answering of a skill testing question is required to be officially declared a winner. For full contest details go to www.scotiabank.com/rspgiveaway. ® Registered trademarks of The Bank of Nova Scotia.



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In 1998, Arbour flew to Bosnia during her assignment as chief prosecutor of the International Criminal Tribunal for the former Yugoslavia.

THIS Woman's Work

A former Supreme Court justice and United Nations high commissioner for human rights, **Louise Arbour** reflects on balancing the demands of a high-profile career with family, promoting gender equality in the workplace and why you won't find her memoirs in a bookstore.

BY ROBIN STEVENSON

STROLL ALONG Canada's Walk of Fame in Toronto, and among the stars set in cement to honour actors, athletes and musicians, you'll find one for Louise Arbour. You may not immediately recognize her name, but Arbour's contributions to the Canadian justice system and human rights worldwide are renowned. The 68-year-old Montrealer sat as a justice for the Supreme Court of Canada from 1999 to 2004, then, for the next four years, served as UN high commissioner for human rights in Geneva. Appointed by the Security Council of the UN as chief prosecutor for the International Criminal Tribunals for the former Yugoslavia and for Rwanda, Arbour pursued and indicted war criminals. She was also responsible for the first prosecution of sexual assault as a crime against humanity.

Now, after five years abroad, Arbour has returned home. For the first time, remarkably, she's taken a job at a Montreal law firm, providing advice to lawyers of the International Trade and Arbitration Group on international disputes. Arbour is as busy ☀



While overseeing the investigations into war crimes, Arbour visited a mass grave site near the town of Srebrenica in northeastern Bosnia.

as ever but still took the time to answer our questions about the challenges she and other women face today.

You've always had a busy career—and you also raised a family! How did you do it all? When my three children were little, I was a law professor. People think I was indicting war criminals while cooking soup for three. Well, it didn't quite work that way. Law is a killer profession in terms of the hours. Any job where you're paid by the hour tends to be demanding, but in my case, I was in an academic stream. The very early years were manageable. I put my teaching hours in the middle of the day, so I was often home when the kids came home from school. Then, I worked again at night to prepare. I was a law professor for about 12 years, then I was eventually appointed a trial judge. I was based in Toronto, but in those days, judges travelled to Chatham, Windsor and all over the province for a week at a time. My children were five, nine and 10, so that required a certain amount of management with the support of my partner and a daytime housekeeper.

What resonates more when discussing the struggle for equality in the workplace: Sheryl Sandberg's book *Lean In* (which encourages women to pursue their ambitions and help change the trajectory for

other women) or Anne-Marie Slaughter's Atlantic piece "Why Women Still Can't Have It All" (which discusses the need for shifts in work culture and public policy)?

I tend to agree more with Anne-Marie Slaughter. The system isn't geared to a working time frame that's friendly to women's interests. A 24-hour period is divided in a way that's not particularly attentive to family life. As a parent, never mind a woman, your involvement in the lives of your children is an 18, 20, 30...frankly, it's a lifetime commitment! The demands on your time are not unique to the preschool years. The demands continue, and there are others as time goes on. The peak demands for growth in any profession are often at the time when a woman's availability is more limited.

What were the challenges of your appointment at the UN?

The work I did in war crimes prosecution—going to mass grave sites, finding bodies and meeting the families of victims, particularly of people who had disappeared—was very hard. But, for me, I can't understand how some women can work as a nurse or doctor in a children's cancer ward. How can you work in an environment that's so sad? In these situations, you approach difficult tasks with professional skills. Your skills become the firewall between what has to be done and falling apart.

Louise Arbour

Four decades of groundbreaking achievements

1970

Graduates with an LLL (with honours) from the faculty of law, Université de Montréal



1971

Is admitted to the Barreau du Québec

1974 to 1987

During this time, she begins her academic career at Osgoode Hall Law School, first as an assistant, then as an associate professor.

She is appointed assistant dean in 1987.

1977

Admitted to the Law Society of Upper Canada



1987 to 1990

Appointed to the Supreme Court of Ontario (High Court of Justice)



1990 to 1999

Becomes a member of the Court of Appeal for Ontario (leave of absence from 1996 to 1999)

1995

Named head of the commission of inquiry to investigate alleged abuse of inmates at the Prison for Women in Kingston, Ont. The Arbour Report, released in 1996, results in significant changes to correctional institutions, specifically those designed for women inmates.

1996 to 1999

Appointed chief prosecutor for the international criminal tribunals to investigate the human rights tragedies in the former Yugoslavia and Rwanda



1999 to 2004

Appointed justice of the Supreme Court of Canada



2004 to 2008

Serves one term as UN high commissioner for human rights



2007

Invested as a companion of the Order of Canada (Pictured with Michaëlle Jean, former governor general of Canada)



2009 to 2014

Appointed president and CEO of the International Crisis Group, a nonprofit, nongovernmental organization committed to preventing and resolving deadly conflict

2014

Joins Borden Ladner Gervais LLP as strategic counsel



"Women have so much to contribute. They are entitled to have access to jobs for which they are well suited."

How do you encourage kids to care about human rights?

Kids will pick up on the stands you take and what you do in your community. They're astute witnesses of your life, and that goes a long way. I think it's important for children to develop empathy. Real capacity for empathy comes with maturity. Unfortunately, some people mature and then completely lose the capacity to see the world from someone else's point of view. We want to encourage girls, as well as boys, to be self-confident about their own views, but also to have the capacity to really put themselves in someone else's position.

What prompted you to take a job as strategic counsel after a long career on the bench and your work with the UN?

It's been very difficult for me to resist working internationally, but it's been equally difficult to stay away from home for too long. I've done stints of three years, four years and five years away, but now that I have grandchildren, Skype or no Skype, this is the limit. I hadn't lived in my hometown since the early '70s. When I moved back to Montreal, I realized I still had too many professional interests. I can't run myself from my kitchen table, so a law firm is a really good fit. The firm is very supportive of my interests, and I think I can bring all kinds of experience, but in a low-key way. I'm also trying to take a deep breath.

Do you mentor female lawyers?

I speak to women at my firm, and I've had chats with clients who are professional women working at high levels in various industries. Women are entering the workplace in larger numbers but not in appropriate numbers in the best paying jobs—for example, in management or on corporate boards. I think systems have to accommodate pluralism and diversity. Women have so much to contribute. They are entitled to have access to jobs for which they are well suited. Institutional and cultural barriers should be dismantled to permit broader inclusion, not only for women but also for under-

represented groups. I think it's a conversation we have to keep having, and we have to have it with men as well.

What do you do when you're not working?

I used to say sleep was my favourite leisure activity. To my great chagrin, I'm not very physically active. I used to ski, but now, every spare minute I have, I spend with my children and grandchildren. For the longest time, I did everything in a virtual world; I gardened by looking at gardening books and I cooked by reading cookbooks. Now



Arbour admits she was "very surprised" when she was chosen as a 2014 inductee for Canada's Walk of Fame alongside actors Rachel McAdams and Ryan Reynolds, athlete Hayley Wickenheiser and musicians Jeff Healey and The Band. She is the first lawyer to receive the honour.

that I'm back home and have a bit more time, I'm becoming more human again. I'm in the kitchen more. The things I missed while doing my international work are the things I now crave.

You've said that you'll never write a memoir. Why not?

I like what's happening now, and I'm always very forward-looking. I cannot imagine the effort it would take for me to ruminate, try to relive the past, analyze it and be truthful about recalling it. I think sometimes when you live in the past, you define yourself by one accomplishment. Right now, the present is my most intense interest. ●

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FOUR WAYS

87 MIKE HOLMES
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BUYS

92 PROPERTY
BROTHERS Q&A

*Bathing the walls in white
amplifies this room's
abundant natural light.*

ENSUITE DREAMS

Clean, serene and incredibly chic, this beautifully appointed bathroom could easily pass for a high-end spa. The twist? It's accessorized almost exclusively with products from HomeSense. Here's how designer **Lisa Moody** balanced form and function—and her budget—to get the bathroom of her dreams.

Pendant light, ceramic stool, occasional table, towels and canvas art, homesense.ca.
Bathtub, barobinson.com. Bathtub faucet, costco.ca. Bamboo blinds, newaccentwf.com.

BY BRETT WALther PHOTOGRAPHY BY JANIS NICOLAY





Got a bathroom with a layout like a bowling alley? Break up a long stretch of countertop with a sunken, recessed vanity.

If you're going to splurge on expensive mosaic tiles, save them for a smaller application, like the space between two ultra-affordable unframed mirrors.

"A bathroom where everything is built-in and utilitarian can feel dull. By bringing in soft elements and small furnishings, it instantly becomes eclectic and interesting." — LISA MOODY, DESIGNER

Design and vanity stool, grapevinedesigns.ca. Custom cabinetry, ADM Woodwerks. Blizzard 2141 quartz countertops, caesarstone.ca. Cabinet hardware and antique brass pivot mirror, restorationhardware.com. Mosaic tiles and floor tiles, olympiatile.com. Wall sconces, designlighting.ca. Faucets, costco.ca.

Install a rectangular patch of mosaic tiles on the bathroom floor to create the illusion of an area rug.

WHEN DESIGNER LISA MOODY started planning the ensuite bathroom for her new build in Surrey, B.C., there were three non-negotiables.

"My husband and I always wake up at the same time, so I knew I needed a double vanity," she says. Next on the list was a freestanding tub for long, luxurious soaks. And finally, in a splurge inspired by a Sarah Richardson bathroom reno Moody had fallen in love with, she wanted show-stopping mahogany cabinetry.

The striking pattern of the mahogany wood grain served as the bathroom's defining style statement—and it chewed up a chunk of Moody's budget. As a result, she took a high/low approach, offsetting the cost of the custom cabinetry with thriftier options. "Instead of natural stone on the floor, I used affordable porcelain tile. And all of the accessories, including the pendant light over the bathtub, were from HomeSense." She also saved money by choosing a single countertop material—ultra-durable quartz—throughout the house. "I used the same quartz counters in my kitchen and laundry room," says Moody, explaining that this made installation more cost-effective.

What's more, the room's neutral envelope of warm white and wood lends a timeless quality to the space, allowing her to amortize the cost over many years. "I've added a little sparkle and colour in the accents, but those are things I can change up inexpensively over time," she says. "Right now, I'm enjoying it thoroughly!"



BATHING BEAUTIES

Give a basic white bathtub a bold new look with accessories inspired by a graphic shower curtain. **BY BRETT WALTHER**



Electric Eclectic

Not a morning person? This kaleidoscopic colour scheme will help kick-start your day!



Lillskär shower curtain, \$10, [ikea.ca](#). Lacoste Croc bath towels in Maze, Nectar and Fandango Pink, \$30 each, [thebay.com](#). Wire corset stool, \$150, [abbottcollection.com](#). Pelle soap stones in Rose Quartz and Grapefruit, from \$12 each, [thecrossdesign.com](#). Grassy organizer, \$10, [umbra.com](#).



Earthy Elegance

This handsome shower curtain sets a tone that's equal parts rustic and refined.



Style at Home Collection jacquard towels in Peridot, from \$12 each, [sears.ca](#). Emmi stool, \$89, [urbanbarn.com](#). Aquala bamboo bathtub caddy, \$50, [umbra.com](#). Quill shower curtain, \$60, [danicalimports.com](#).



New Bohemian

How do you make horizontal stripes even sexier? Combine them with an intricate scalloped-dot pattern and midnight blue—the on-trend alternative to black.



Nautical Twist

Shots of sea foam shake up the traditional nautical pairing of navy and white.

Swedish Dream sea salt soap, \$10, [thecrossdesign.com](#). Ribbed towels in Sea Foam, from \$5 each, and Fresco totes, from \$9 each, [crateandbarrel.com](#). Odyssey shower curtain, \$60, [danicalimports.com](#). Molger birch floor decking, \$10, [ikea.ca](#).

"This interlocking wooden deck tile is a reno-free way to make over a bland bathroom floor!"

— BRETT WALTHER, HOME & GARDEN DIRECTOR

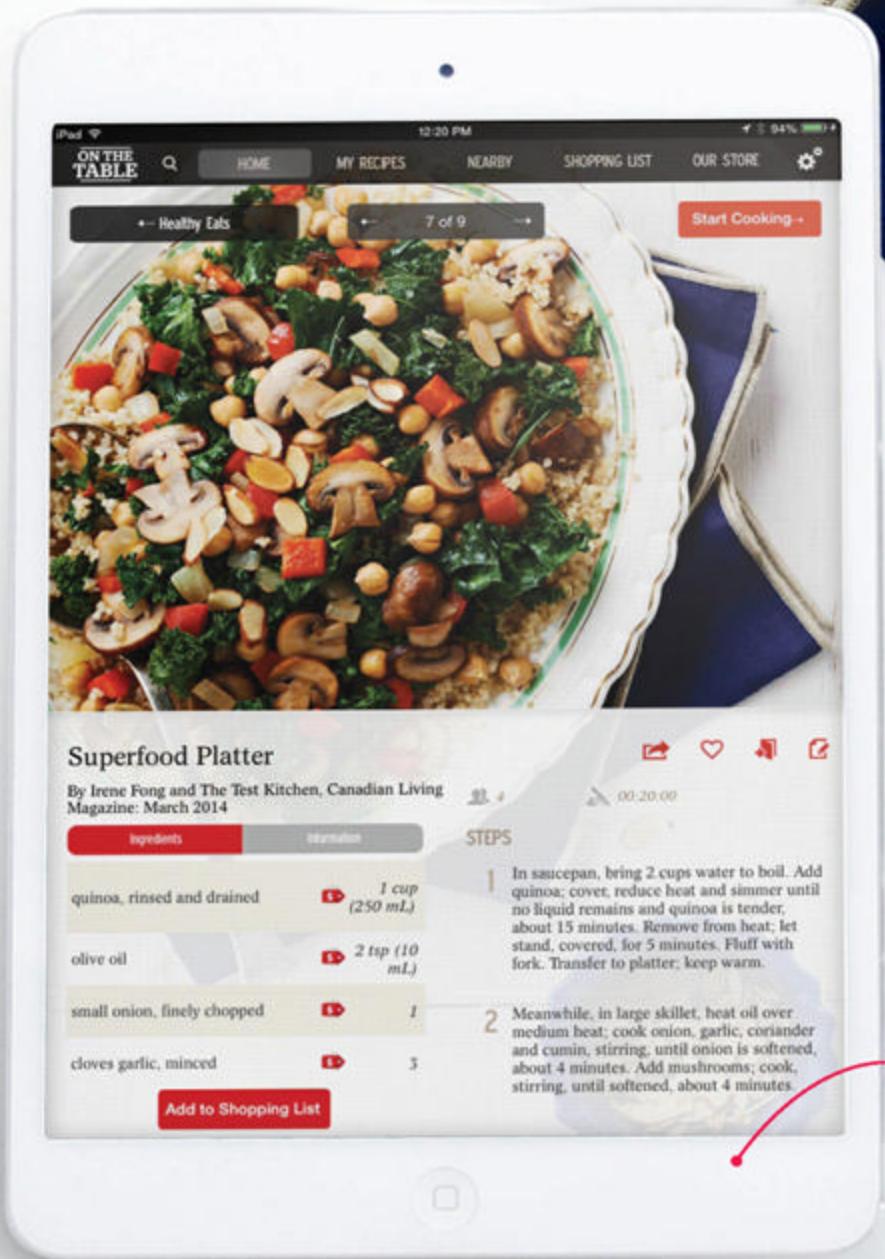


Threshold shower curtain, \$25, [target.ca](#). Ralph Lauren Palmer towels in Polo Navy, from \$15 each, [thebay.com](#). Lava ash white stool, \$120, [canfloyd.com](#).



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HOLMES ON BATHROOMS

PHOTOGRAPH: ALEX SCHULDTZ (HOLMES); THINKSTOCK (PAPERS, TAPE)

By the time contractor **Mike Holmes** grabs his first double-double of the day, he's already fielded a dozen questions about everything from tiles to tub surrounds. In this excerpt from *The Holmes Manual*, he shares the answers to the questions he gets asked most often—consider it a blueprint for making your bathroom right.

Q How long should you run a bathroom fan?

A Most people don't have a clue how long it takes a fan to remove all that moist air you're creating every time you have a shower. They towel off, brush their teeth or shave, and flip off the fan when they leave the bathroom. I've heard experts say the exhaust fan needs to run for at least 20 minutes after you've finished your shower, but I recommend 30 minutes just to be safe. And make sure you crack open the door or a window while the fan runs. If the bathroom is sealed, it restricts airflow and your fan can't push warm air outside. Installing a timer makes it easier. This preventive measure helps control moisture and can add years to the life of your bathroom.



Test the effectiveness of your exhaust fan with a piece of toilet paper.

Q I keep getting mould buildup in the corners of my shower, no matter how many times a week I clean it. Could this mean there is mould behind the tiles and on the wall itself?

A The most common place you'll find mould in a bathroom is behind the tile around the tub or shower. You might be looking at mouldy walls, or you might just have a problem with surface mould. Either way, your bathroom is telling me you don't have enough ventilation. Is your bathroom exhaust fan working properly? If you put a piece of toilet paper against it while it's running, does the paper stay in place or does it drift away? If the paper falls, it could be a sign that the fan isn't powerful enough to extract the humid air you're creating every time someone takes a shower. If you don't have a fan, you need one.

Q Does it matter where a bathroom fan is installed? Can it be on a wall?

A Ideally, you want the fan as high up as you can get it, since warm, moist air is pushed up. That's why mounting it on the ceiling makes the most sense. Just make sure you get one strong enough to extract the air efficiently, and that it vents directly to the exterior. Venting anywhere else is unsafe and just plain wrong. I've seen the rot that happens when people take shortcuts and discharge the air into a crawl space or the attic or between walls: you'll have a much more serious mould problem in a very short time.

Q We'd like a spa bathroom but we've heard you don't recommend saunas in a house. Why not?

A You heard right—I never like steam showers, steam rooms, hot tubs, or saunas inside a home. Getting a sauna means you're creating a ton of additional water vapour within your home—more than most houses can handle. When you've got that much extra water vapour within the envelope of your home, you're asking for trouble with mould. Don't put your house at risk at all: build your sauna outdoors.

Building a spa properly requires so many special considerations; I rarely see it done right. Many home inspectors won't even look at saunas and steam rooms, and this is one case where I don't blame them: there's no way to give them a clean bill of health. I won't be surprised if, in a few years, we see a massive breakdown of these home spas, which will develop extreme problems with moisture and mould.

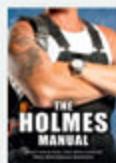
If you still insist on a spa, make sure you hire a qualified plumber and contractor. The room needs to be completely waterproof, which means using the appropriate membranes for waterproofing, using cement board (not drywall or greenboard) under your tile, and going overboard on ventilation and an extraction fan. And don't add a spa because you expect it to add value to your home before selling: most buyers will want to get rid of it.

Q What kind of grout should I use around my bathtub?

A Grout is confusing. I often get asked about epoxy grout for tile walls and floors because people think it's a way to make tiles watertight. I always say that you don't need epoxy grout if everything is watertight behind the tiles. Stick to standard grout.

The other thing people do is turn to epoxy grout as a quick fix. That tells me people have a problem with water behind the tiles and they're trying to prevent more from going in. In that case, removing old grout and using epoxy is actually going to make the problem worse by trapping the moisture problem behind the tile instead of fixing it. Instead of epoxy, make it right: start from the beginning, rip everything out, and do the bathroom properly with cement board and waterproof membranes like Kerdi on the walls and Ditra on the floor before tiling with regular grout.

For more answers to Mike Holmes' most frequently asked home-maintenance questions, check out *The Holmes Manual* (HarperCollins Canada, 2014). Excerpted with permission. All rights reserved.



Q Why does my toilet shift and lean to one side when I sit on it?

A A toilet that rocks can mean trouble. You might have had a long-term leak, which has rotted some of the structure of the floor under the toilet. If your floors are rotting, you never know when you may sit down on the john and end up with a mess!

Don't be tempted to caulk around the toilet in an attempt to keep it in place or stop the leaking. If there's a leak, you need to fix it, not stick a Band-Aid on it. You and I both know the water will continue to leak and damage your floors—only now, it will be hidden. Get a plumber in to take a look at the toilet. Once the toilet is taken care of, you need to have the damaged floors torn up and rebuilt.

And next time you think you've got a leak, don't ignore it—have it fixed. Minor leaks can cause big problems with mould and rot.



Q What's the best way to seal your grout?

A I never recommend sealing grout. It's porous, and it will absorb liquid spills. Light grout will show dirt in a busy bathroom—that's something you can't avoid. In my opinion, grout is one of the materials in your house that's supposed to breathe. If air can flow through it, it allows any moisture that sneaks behind your tile (it will happen, trust me) to evaporate and escape. If you seal the grout and you've got sealed or nonporous tiles, that water has nowhere to go.

Now, sealing tiles is a whole other issue. Depending on what your tiles are made of—most natural stone is porous—you may need to seal them. This has to be done before the tiles are grouted. Otherwise, the grout will absorb into the tile and make it look cloudy. If grout penetrates the pores of your tile, you can't fix that.

If you're tired of grubby-looking grout, all you need is elbow grease. Carefully chisel it out—I won't lie, it's a pain—and replace it with a darker-coloured grout that won't show the dirt.

Q Why can't I lay new tile over the existing vinyl tile in my bathroom?

A Listen, I get why homeowners and contractors want to cheat and lay new tile over old flooring. It's less work than tearing up the original flooring and laying the new stuff on a properly prepared substrate. But don't even think about doing it. You'll end up with cracked grout and tile, and your "new" floor won't look like new for long.

I hate coverups, which is why I always recommend removing existing flooring before installing something new. How else can you tell the condition of the underlay? You have to take up the old stuff, check out the subfloor, fix what needs fixing, or replace the subfloor if necessary. When you're taking the time and money to renovate, isn't it worth making an effort to know it's perfect?

With all that moisture and humidity, bathrooms provide the perfect conditions for mould. And what you might not realize is that mould also feeds off mastic, the organic adhesive that's used to install some vinyl flooring. The only way to tell if you've got a mould problem you didn't even know about is to take up the old tiles. Tiling over the problem might cost less in the short term, but how much will it cost when you need to tear out the new floor because it looks like crap?

Q What is the very low faucet I've seen in some of the walk-in showers you've built?

A This is the funniest question I get! In Canada, when you have a shower with no tub, it's common to have a "toe-tester" faucet. It's so you can test the water temperature before you step into the shower and either scald yourself or freeze! I keep hearing from U.S. fans that they don't have them down there, but I'm not sure why they're not used.

HOW WELL DO YOU KNOW MIKE HOLMES? FIND OUT THREE THINGS THAT SURPRISED US ABOUT CANADA'S MOST TRUSTED CONTRACTOR AT canadianliving.com/mikeholmes.



Replace your sad old showerhead with this luxurious super-soaker for just \$65!



Upgrade your toilet with touchless tech.



This toilet seat has a built-in nightlight.



Water won't pool in these pockets—they're mesh!

MAKE A Splash

Six easy ways to update your bathroom without swinging a sledgehammer **BY BRETT WALTHER**

1 JET SET

Low water pressure is no excuse for a lacklustre shower. Boasting 90 highly concentrated jets and a pivoting outer ring, this chic showerhead delivers 60 percent more water coverage than a traditional rain showerhead without using a single drop more. *Halo showerhead in chrome, \$65, moen.ca.*

2 ROYAL FLUSH

Could manual flush levers soon be a thing of the past? Kohler thinks so, and the company is certainly making

a case for it with the Touchless Toilet Flush Kit, designed to retrofit your existing toilet into a hands-free-flushing model. Hygiene benefits aside, the motion-sensor system is surprisingly easy to install, and it costs a fraction of the price of a brand new loo. \$122, *kohler.ca*.

3 CURTAIN CALL

Leave it to Ikea's designers to find a solution for a bathroom that's bursting at the seams. This playful new shower curtain incorporates eye-popping mesh pockets for the grooming gear

that's cluttering your countertops. *Sprutt shower curtain, \$10, ikea.ca.*

4 WHAT'S ON TAP

Swapping out a faucet has always been one of the simplest ways to spruce up your bathroom. Now, thanks to American Standard's Speed Connect series, it's easier than ever. With only four individual components (compared to the standard 14), the faucets can be installed in a third of the time, without caulk or putty. *Quentin widespread faucet, \$389, americanstandard.ca.*

5 CADDY SHOCK

In a sea of polished chrome, this colourful shower caddy is a real standout. Its turquoise tone will instantly warm a sterile-looking shower enclosure. *Flex shower caddy in Surf Blue, \$25, umbra.com.*

6 SEAT UPGRADE

This space-age toilet seat includes a carbon deodorizing system that neutralizes odours and a nightlight to help you locate your loo in the dark! All this at a price that's not to be sniffed at. *Purefresh round-front toilet seat, \$147, kohler.ca.*

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[wnetwork.com](#) for
details.

FIVE MINUTES WITH

JONATHAN & DREW SCOTT, THE PROPERTY BROTHERS

FOR THE PAST FOUR YEARS, we've watched Jonathan and Drew Scott work their makeover magic on the homes of ordinary Canadians, but this spring, W Network has a twist in store. With the Feb. 17 première of *Property Brothers: At Home*, the talented twins take on a reno unlike any other: their own pad in Las Vegas, where Jonathan (above left) sidelines as an award-winning illusionist. "It really does show our fans what they've been asking for: what we would do to our own place," says Jonathan. Having just wrapped filming in Las Vegas, Drew and Jonathan returned to Toronto to chat with *Canadian Living* about real estate, return on investment and renos of the bathroom variety. — Brett Walther

How much should you budget for a full bath renovation?

Jonathan: The cheapest bathroom makeover I've done was around \$3,000, but I've done them all the way up to \$30,000.

Drew: Yes, it varies from one property to the next and where you are in Canada. We shot in Vancouver for *Property Brothers*, and in Vancouver and Toronto for *Buying &*

Selling. Both are very expensive markets—Vancouver even more so than Toronto.

How can you tighten up your budget?

Drew: You don't have to go top-of-the-line on all materials. You can save money by shopping online or at some of the big-box stores for things like premade vanities that come with countertops.

What's the biggest mistake people make when they renovate their bathrooms?

Drew: Taking a space that's really cramped and simply replacing the materials. Even though it feels new, it still has a bad layout. If you're going to renovate, decide if you need to reconfigure the bathroom to make the most of the space. Even in a tiny bathroom, you can shuffle things around to make it feel like you have more room, without putting in a pedestal sink, which is useless for storage.

Jonathan: It's also a bad idea to get rid of the tub if it's the only one in the house. Even if you don't use it, when you go to resell, you've eliminated all of the buyers who want or need a bathtub. You might think it's a quick-and-easy fix to put it back in, but buyers don't see it that way! If they walk in and there's no bathtub in the house, they'll walk right back out again.

BESPOKE ON A BUDGET

Between the elegant carpentry and the Italian marble countertop, it's hard to believe this prefab beauty isn't custom-built. *Malaga four-door vanity with undermount sink*, \$929, [rona.ca](#).

FOR THE FULL—UNCENSORED!—VERSION OF OUR CHAT WITH DREW AND JONATHAN, GO TO [canadianliving.com/propertybrothers](#).

WEEKEND UPDATE

BRANCHING OUT

Creating storage sometimes requires a bit of lateral thinking. With this chest of drawers already packed to the max, we expanded its capacity by installing a series of hooks and baskets on the side panel. In addition to providing clothing storage, this customized cabinet now serves as a place to stash jewellery, scarves and all the clutter bedrooms collect. — Brett Walther & Aurelie Bryce



Sveio five-drawer chest, [ikea.ca](#).
Twig modern wall hooks, [liscious.com](#).
Tote baskets, [lovelldesigns.ca](#).
Lattice BP3504 wallpaper, [farrow-ball.com](#). Positive Slant carpet-design squares, [flor.com](#).

GUEST EDITOR

40th
ANNIVERSARY



CAUGHT ON TAPE

Painter's tape isn't just for protecting trim; it's also the secret behind this '80s-inspired abstract art. Home & Garden director Brett Walther and guest editor Gail Vaz-Oxlade share the step-by-step instructions for designing your own cost-conscious canvases at [canadianliving.com/diyart](#).



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PHOTOGRAPHY: STEPHEN HARRIS (BEACH, LOBSTER); JOHN SYLVESTER (LIGHTHOUSE, HILLS, LUPINES)

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FOOD

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116 SLOW COOKER CAKES

122 DILL-ICIOUS DIP

PLUS: THE ULTIMATE, P. 95; CHOCOLATE BOWLS, P. 114



PHOTOGRAPHY: JEFF COULSON FOOD STYLING, HEATHER SHAW PROP STYLING, LAURA BRANSON

THE ULTIMATE Roast Chicken With Gravy

Crispy herb-flecked skin? Check. Tender juicy meat? Check. Rich full-bodied gravy? It's got that, too. Our foolproof take on the classic Sunday supper is so good—and so easy—you might be tempted to make it on weeknights.

BY IRENE FONG & THE TEST KITCHEN

Hands-on time: 30 minutes | Total time: 1½ hours | Makes: 4 servings

Garlic Butter:

4 tsp butter, softened
2 cloves garlic, pressed or finely grated

2 tsp chopped fresh thyme

1 tsp chopped fresh rosemary

¼ tsp each salt and pepper

Roast Chicken:

1 whole chicken (1.5 kg)
¼ tsp each salt and pepper

1 small onion, quartered
4 sprigs fresh thyme
1 sprig fresh rosemary

Gravy:

4 tsp butter, softened

2 tbsp all-purpose flour

¼ cup dry white wine

1 cup sodium-reduced chicken broth

pinch pepper

\$1.20
per serving



The trick to rich lump-free gravy is to whisk the butter and flour mixture into the pan a little at a time. The flour gradually thickens the gravy as the butter melts.

—IRENE FONG, FOOD SPECIALIST



How to Make It

Garlic Butter: In small bowl, stir together butter, garlic, thyme, rosemary, salt and pepper.

Roast Chicken: Sprinkle cavity of chicken with salt and pepper; fill with onion, thyme and rosemary. Rub chicken all over with Garlic Butter. Place, breast side up, on greased rack in roasting pan.

Roast in 375°F (190°C) oven for 45 minutes; baste and continue to roast, basting occasionally, until instant-read thermometer inserted

in thickest part of thigh reads 185°F (85°C), about 30 more minutes. Discard contents of cavity. Using tongs, tip chicken to pour juices into pan. Remove chicken to platter; cover loosely with foil. Let rest for 20 minutes before carving.

Gravy: Meanwhile, tilt pan so juices collect at 1 end. Skim fat from surface, reserving 1 tbsp. In small bowl, stir together butter, flour and reserved fat; set aside. Place pan over medium heat; whisk in wine. Cook, whisking and scraping

up browned bits, until reduced by half, about 1 minute.

Whisk in broth; bring to boil. Gradually whisk in butter mixture, 2 tsp at a time, until smooth. Cook, whisking constantly, until thickened, about 2 minutes. Strain through fine-mesh sieve; stir in pepper. If necessary, stir in enough boiling water to loosen and yield 1 cup gravy. Serve with chicken.

PER SERVING: about 435 cal, 37 g pro, 29 g total fat (11 g sat. fat), 4 g carb (trace dietary fibre, trace sugar), 152 mg chol, 601 mg sodium, 431 mg potassium. % RDI: 2% calcium, 11% iron, 13% vit A, 2% vit C, 6% folate. ●



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Deli Naturally

Quick & Easy

On a budget? These super-tasty dinners prove that fast, fresh food can be frugal, too.

BY JENNIFER BARTOLI
& THE TEST KITCHEN

CURRIED LENTIL AND CHICKEN SOUP

Hands-on time: 20 minutes

Total time: 30 minutes

Makes: 4 servings

Chicken thighs are less expensive than breasts, and they give this robust soup added heartiness. If you don't have plain yogurt, top each bowl with sour cream.

1tbsp	olive oil
450 g	boneless skinless chicken thighs, chopped
1	onion, diced
1	carrot, diced
4	cloves garlic, minced
2 tsp	curry powder
1tsp	ground coriander
½ tsp	ground cumin
¼ tsp	salt
3 cups	sodium-reduced chicken broth
1cup	dried red lentils, rinsed
1tbsp	lemon juice
½ cup	Balkan-style plain yogurt
¼ cup	chopped fresh parsley or fresh cilantro

In Dutch oven or large heavy-bottomed saucepan, heat half of the oil over medium-high heat; sauté chicken until light golden, about 3 minutes. Remove to plate; set aside.

In same Dutch oven, heat remaining oil over medium heat; cook onion and carrot, stirring occasionally, until beginning to soften, about 3 minutes. Add garlic, curry powder, coriander, cumin and salt; cook, stirring, until fragrant, about 30 seconds. Stir in



broth and lentils; bring to boil. Reduce heat, cover and simmer until lentils are tender, about 10 minutes.

Stir in chicken and any juices. Cook, uncovered and stirring occasionally, until slightly thickened and chicken is no longer pink inside, about 5 minutes.

Remove from heat; stir in lemon juice. Spoon into serving bowls; top with yogurt and parsley.

\$3.15
per serving

PER SERVING: about 385 cal, 36 g pro, 11 g total fat (3 g sat. fat), 37 g carb (8 g dietary fibre, 6 g sugar), 89 mg chol, 708 mg sodium, 949 mg potassium. % RDI: 11% calcium, 48% iron, 39% vit A, 20% vit C, 123% folate.



SPICY FISH AND CHORIZO STEW

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

Canned tomatoes and beans add low-cost flavour and filling protein to this satisfying stew, but they're typically high in sodium. Using no-salt-added varieties means you have much more control over how much salt goes into the dish.

2 tsp	olive oil
½ cup	diced dry-cured chorizo sausage
1	onion, diced
¼ tsp	hot pepper flakes
2 tbsp	tomato paste
4	cloves garlic, thinly sliced
1	can (796 mL) no-salt-added diced tomatoes
1	can (540 mL) no-salt-added white kidney beans, drained and rinsed
½ tsp	salt
340 g	skinless tilapia fillets or other white-fleshed fish, cut in 1-inch (2.5 cm) chunks
½ cup	chopped fresh cilantro
2 tsp	red wine vinegar

In large nonstick skillet, heat oil over medium heat; cook sausage, stirring often, until lightly browned, about 3 minutes. Add onion and hot pepper flakes; cook, stirring occasionally, until onion is softened, about 5 minutes.

Stir in tomato paste and garlic; cook, stirring, until fragrant, about 1 minute. Add tomatoes; bring to boil. Reduce heat and simmer, stirring occasionally, until beginning to thicken, about 8 minutes.

Add beans and salt; cook, stirring occasionally, until heated through and stew is slightly thickened, about 5 minutes. Stir in tilapia; simmer until fish flakes easily when tested with fork and no longer translucent, about 2 minutes. Remove from heat; gently stir in cilantro and vinegar.

PER SERVING: about 376 cal, 32 g pro, 13 g total fat (4 g sat. fat), 34 g carb (9 g dietary fibre, 8 g sugar), 61 mg chol, 645 mg sodium, 1,248 mg potassium, % RDI: 10% calcium, 49% iron, 22% vit A, 25% vit C, 12% folate.

\$3.25
per serving

TIP FROM THE TEST KITCHEN

Feel free to switch up the type of fish in this stew. Any white-fleshed fish (such as cod or halibut) works well—or, for a twist, try calamari and shrimp.



\$2
per serving

CRISPY TOFU STIR-FRY WITH UDON NOODLES

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

Japanese udon noodles, which cook in a matter of minutes, soak up all of the slightly spicy umami-rich sauce in this stir-fry. Cubes of golden tofu make the meat-free supper substantial. You can also use cubed chicken or pork.

1	pkg (420 g) firm tofu, drained and cut in $\frac{3}{4}$ -inch (2 cm) cubes
1 tbsp	cornstarch
2 tbsp	vegetable oil
1	pkg (227 g) cremini mushrooms, thinly sliced
4	cloves garlic, minced

1 tbsp	grated peeled fresh ginger
3 cups	bite-size broccoli florets
3 tbsp	hoisin sauce
1 tsp	Asian chili sauce (such as sriracha)
3	pkg (each 200 g) fresh udon noodles
2	green onions, thinly sliced
1 tsp	sesame oil

Pat tofu dry and toss gently with cornstarch to coat. In wok or large nonstick skillet, heat all but 2 tsp of the vegetable oil over medium-high heat; cook tofu, turning occasionally, until crisp and golden, 8 to 10 minutes. Remove to paper towel-lined plate to drain. Set aside.

In same wok, heat remaining vegetable oil over medium-high heat; stir-fry mushrooms, garlic and ginger until mushrooms are beginning to soften, about 2 minutes. Add broccoli; stir-fry until tender-crisp, about 3 minutes. Stir in hoisin sauce, chili sauce and $\frac{3}{4}$ cup water; bring to boil.

Reduce heat to low; add noodles, tossing gently to coat. Simmer, stirring gently, until sauce is slightly thickened, about 2 minutes. Add tofu, green onions and sesame oil; cook, tossing to coat, for 1 minute.

PER SERVING: about 515 cal, 28 g pro, 17 g total fat (2 g sat. fat), 68 g carb (5 g dietary fibre, 6 g sugar), 0 mg chol, 261 mg sodium, 717 mg potassium. % RDI: 20% calcium, 41% iron, 16% vit A, 53% vit C, 26% folate.

Stretch your grocery dollars (and cut carbs) by using two split pita pockets instead of four whole ones for the crusts.



MEXICAN-STYLE FLATBREADS

Hands-on time: 25 minutes

Total time: 25 minutes

Makes: 4 servings

This quick meal packs the addictive flavours of classic beef tacos onto crispy flatbread crusts. Go ahead and customize the recipe using any produce from your fridge: Substitute sweet peppers for tomatoes, or top with avocado and red onion. Use kitchen scissors to split the pitas.

2 tsp	olive oil
1	onion, sliced
340 g	lean ground beef
3	cloves garlic, minced

2 tsp	chili powder
1/2 tsp	each ground coriander and ground cumin
1/4 tsp	salt
3/4 cup	frozen corn kernels
3 tbsp	sour cream
1/2 cup	chopped fresh cilantro
2	whole wheat pita pockets (6 inches/15 cm), split horizontally and toasted
1	Roma tomato, seeded and chopped
1 cup	shredded iceberg lettuce

In nonstick skillet, heat oil over medium heat; cook onion, stirring often, until softened, about 7 minutes. Add beef; cook, breaking up with spoon, until

browned on the outside but not cooked through, about 2 minutes. Add garlic, chili powder, coriander, cumin and salt; cook, stirring, until beef is no longer pink, about 3 minutes.

Add corn, 2 tbsp of the sour cream and 2 tbsp water; cook, stirring, until corn is heated through and mixture is slightly saucy, about 2 minutes. Stir in half of the cilantro.

Spoon beef mixture over cut sides of pitas; top with tomato, lettuce and remaining sour cream and cilantro.

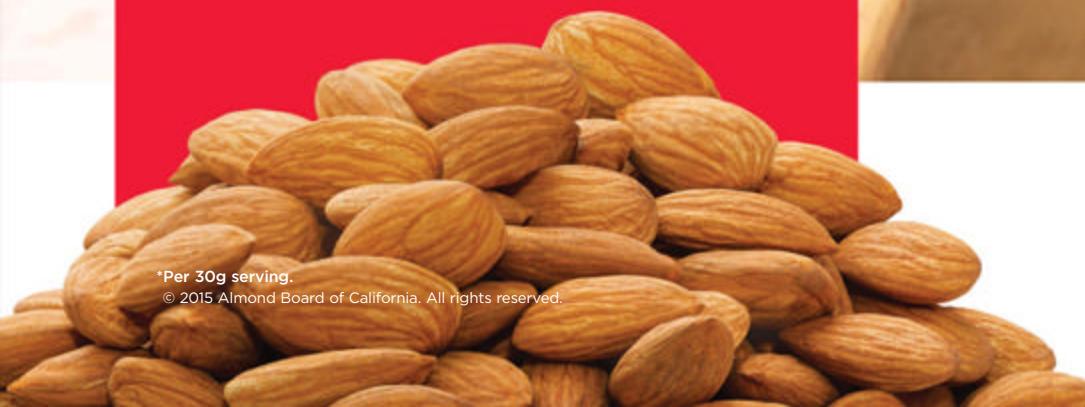
PER SERVING: about 375 cal, 24 g pro, 18 g total fat (6 g sat. fat), 32 g carb (3 g dietary fibre, 4 g sugar), 55 mg chol, 413 mg sodium, 522 mg potassium. % RDI: 6% calcium, 26% iron, 9% vit A, 12% vit C, 15% folate.

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WARM SWISS CHARD AND KIELBASA POTATO SALAD

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

Kielbasa, a Polish sausage that is sold already cooked, transforms this potato salad into a satisfying meal. You want the potatoes to hold their shape in the salad, so drain them as soon as they're fork-tender. Leftovers make a delicious lunch, even when served cold.

Lemon-Mustard Dressing:

2 tbsp	olive oil
2 tbsp	lemon juice
2 tsp	grainy mustard
1/4 tsp	each salt and pepper

Potato Salad:

680 g	mini yellow-fleshed potatoes
2 tsp	olive oil
1	onion, diced
2	cloves garlic, sliced
200 g	kielbasa sausage (casing removed), diced
8 cups	chopped stemmed Swiss chard (about 1 large bunch)
2 tbsp	chopped fresh chives

Lemon-Mustard Dressing: In bowl, whisk together oil, lemon juice, mustard, salt and pepper until combined. Set aside.

Potato Salad: In large saucepan of boiling lightly salted water, cook potatoes until fork-tender, 15 to 18 minutes. Drain and set aside just until cool enough to handle; cut in half.

Meanwhile, in nonstick skillet, heat oil over medium heat; cook onion, stirring occasionally, until softened and light golden, about 7 minutes.

Add garlic; cook, stirring, until fragrant, about 1 minute. Add kielbasa; cook, stirring occasionally, for 3 minutes.

Add Swiss chard; cook, stirring, until beginning to wilt, about 2 minutes.

Remove from heat. Stir in half of the dressing; scrape into serving bowl.

Toss potatoes with remaining dressing; toss gently into Swiss chard mixture. Stir in chives.

PER SERVING: about 339 cal, 13 g pro, 17 g total fat (4 g sat. fat), 36 g carb (4 g dietary fibre, 3 g sugar), 33 mg chol, 905 mg sodium, 1,014 mg potassium. % RDI: 7% calcium, 24% iron, 31% vit A, 50% vit C, 12% folate. ●

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\$2.30
per serving



Kicked-Up Casserole

Flaky bits of salmon and a velvety cheese sauce take this twist on tuna casserole from our 1984 archives to a whole new level of yumminess. **BY THE TEST KITCHEN**

CHEESY SALMON CASSEROLE

Hands-on time: 25 minutes

Total time: 55 minutes

Makes: 6 servings

Everyone has a favourite go-to macaroni casserole, but this Salmon Cheddaroni from our archives might just become your new weeknight comfort meal. An easy bread-crumb topping creates a crispy crust, making every bite as tasty as the last. Serve with steamed vegetables.

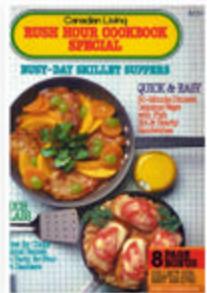
1½ cups elbow macaroni
½ cup butter
½ cup diced onion
1 clove garlic, minced
3 tbsp all-purpose flour
1¾ cups milk
½ tsp Worcestershire sauce
1½ cups shredded Cheddar cheese (about 120 g)

1 cup sour cream
2 cans (each 213 g) red sockeye salmon, drained and flaked
1½ cups fresh bread crumbs

In large saucepan of boiling lightly salted water, cook pasta according to package instructions. Drain.

Meanwhile, in separate large saucepan, melt half of the butter over medium heat; cook onion and garlic, stirring, until onion is tender, about 4 minutes. Sprinkle in flour; cook, stirring, until light golden, about 3 minutes.

Gradually whisk in milk until smooth. Add Worcestershire sauce and cook, whisking constantly, until thick enough to coat back of spoon, about 4 minutes. Stir in Cheddar until melted. Stir in sour cream, salmon and pasta. Scrape into lightly greased 8-cup (2 L) casserole dish or baking dish.

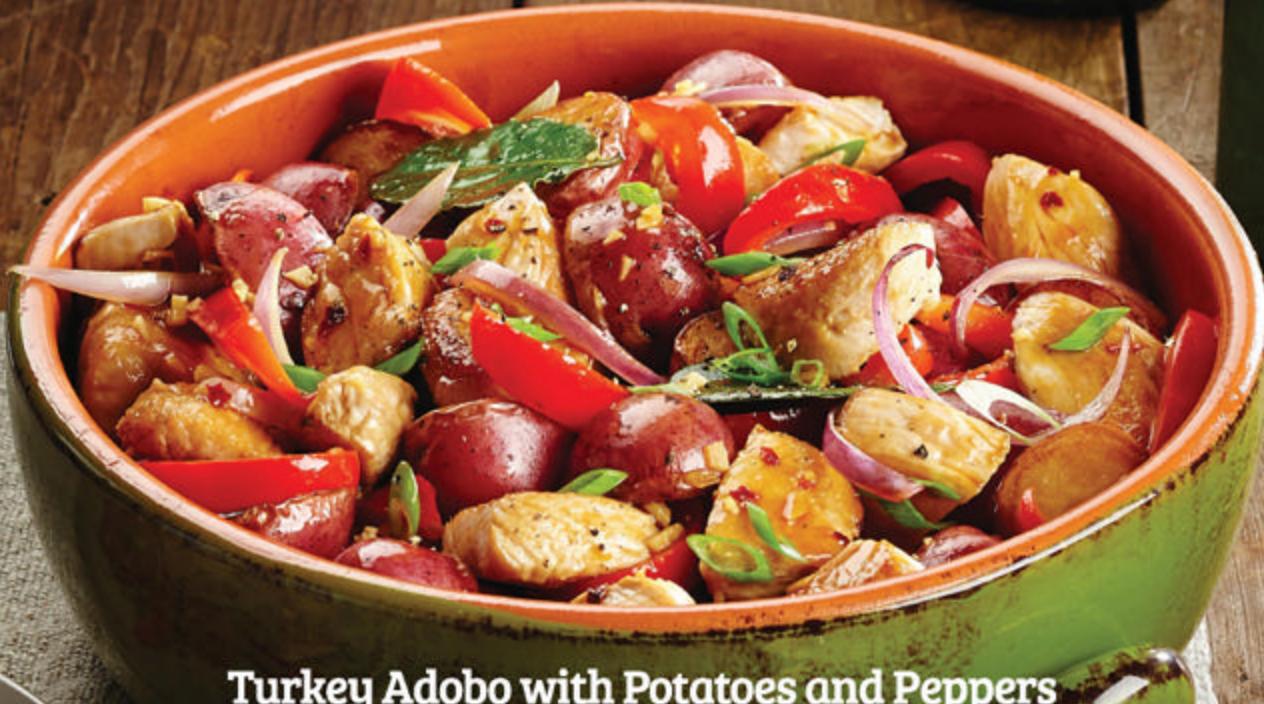


This 1984 cookbook features the original Salmon Cheddaroni.



Melt remaining butter; mix with bread crumbs and sprinkle over top of casserole. Bake in 350°F (180°C) oven until topping is golden and casserole is bubbly, 25 to 30 minutes. Let stand for 5 minutes before serving.

PER SERVING: about 548 cal, 30 g pro, 33 g total fat (18 g sat. fat), 32 g carb (1 g dietary fibre, 5 g sugar), 104 mg chol, 656 mg sodium, 443 mg potassium. % RDI: 45% calcium, 13% iron, 29% vit A, 3% vit C, 37% folate. ●



Turkey Adobo with Potatoes and Peppers

1 boneless skinless Ontario turkey breast (about 1 1/4 lb/600 g)
1 tbsp (15 mL) canola oil
1 small red onion, chopped
6 cloves garlic, minced
1/2 tsp (2 mL) hot pepper flakes
1/3 cup (75 mL) sodium reduced tamari
1/3 cup (75 mL) no salt added vegetable or turkey broth
1/3 cup (75 mL) white vinegar
3 tbsp (45 mL) lime juice
1 tbsp (15 mL) liquid honey
2 bay leaves
1 lb (454 g) red mini potatoes, halved
1 large red or orange bell pepper, chopped
2 tbsp (30 mL) chopped fresh parsley or cilantro

Prep time: 15 minutes | Cook time: 30 minutes | Serves: 6

Cut turkey breast into 1 1/2 inch (7 cm) chunks.

Heat oil in large deep saucepan over medium high heat and brown turkey chunks on both sides. Remove to a plate.

Reduce heat to medium; cook onion, garlic and hot pepper flakes, stirring for about 8 minutes or until softened and starting to become golden. Add tamari, broth, vinegar, lime juice, honey and bay leaves; bring to a boil.

Return browned turkey, potatoes and pepper to sauce. Reduce heat to simmer; cover and cook for about 20 minutes or until potatoes are tender and turkey is no longer pink inside. Remove bay leaves.

Sprinkle with parsley before serving.

Per serving: About 213 cal, 3 g total fat, 19 g carb, 2 g fibre, 52 mg chol, 683 mg sodium.
%RDI: iron: 9%, calcium 3%, vit A 8%, vit C 89%

Turkey

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Stuffed Turkey Roll



Turkey Biryani



Turkey Pot Pie



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Canadian Living

VIP EVENTS & EXPERIENCES



A NIGHT ON THE TOWN

Canadian Living readers celebrated the holidays in style at a sold-out VIP dinner at Toronto's THR & Co. The delicious evening, presented exclusively by **Metro** and hosted by **Food director Annabelle Waugh**, included a four-course custom menu and generous gift bags for all.

Join us at our next VIP Event!
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Annabelle Waugh
Food director, *Canadian Living*

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5 FAMILY MEALS FOR \$75

Turn one quick trip to the market into a week's worth of ultra-affordable dinners.

BY IRENE FONG & THE TEST KITCHEN

YOUR \$75 GROCERY LIST

Produce:

- 1 pkg (40 g) fresh basil
- 675 g broccoli
- 1 bag carrots
- 1 pkg (142 g) baby salad greens
- 1 lemon
- 1 pkg (227 g) cremini mushrooms
- 2 bunches green onions

- 2 small onions
- 2 sweet red peppers
- 2.5 kg yellow-fleshed potatoes
- 1 pkg (255 g) grape tomatoes or cherry tomatoes

Grocery:

- 1 bottle (660 mL) strained tomatoes (passata)

Dairy:

- 200 g Cheddar cheese
- 200 g Parmesan cheese
- 1 tub (250 mL) light sour cream

Meat:

- 900 g extra-lean ground beef
- 900 g boneless skinless chicken breasts

Based on average prices in Ontario, not including kitchen basics used in each recipe. Prices noted per serving include cost of kitchen basics.

Kitchen basics to already have on hand in your pantry, fridge or freezer: all-purpose flour, balsamic vinegar, olive oil, sesame oil, vegetable oil, sodium-reduced soy sauce, Worcestershire sauce, spaghetti, long-grain rice, eggs, butter, frozen corn, frozen peas, garlic, salt, pepper, dried rosemary, Italian herb seasoning •

\$3.25
per serving



BEEF AND BROCCOLI FRIED RICE

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

Using ground beef instead of stir-fry beef keeps the cost down. Day-old rice works best, so if you can, cook it in advance.

2 eggs
pinch salt
2 tsp vegetable oil

450 g extra-lean ground beef
225 g broccoli, chopped (about 3 cups)
1 carrot, cut in thin strips
2 cloves garlic, minced
half sweet red pepper, chopped
4 cups cooked long-grain rice (or 1¼ cups dried, cooked)
2 tbsp sodium-reduced soy sauce
½ tsp sesame oil
2 green onions, thinly sliced

STUFFED CHICKEN WITH ROASTED POTATOES AND LEMON BROCCOLI

Hands-on time: 35 minutes

Total time: 50 minutes

Makes: 4 servings

A hearty mushroom filling adds elegance to boneless skinless chicken breasts, giving you more bang for your grocery buck. To avoid overcooking broccoli, drain while it's still a touch underdone—it'll keep cooking as it sits.

Roasted Potatoes:

900 g yellow-fleshed potatoes, cut in 1-inch (2.5 cm) chunks
2 tsp olive oil
pinch each salt and pepper

Stuffed Chicken:

1½ tsp olive oil
half pkg (227 g pkg) cremini mushrooms, thinly sliced
2 cloves garlic, minced
half sweet red pepper, finely diced
¼ tsp each salt and pepper
2 green onions, thinly sliced
2 tsp lemon juice
¼ cup grated Parmesan cheese
450 g boneless skinless chicken breasts
3 tbsp chopped fresh basil



\$5.85
per serving

Lemon Broccoli:

225 g broccoli florets (about 4 cups)
1 tbsp butter
1 tsp grated lemon zest
pinch each salt and pepper

Roasted Potatoes: Toss together potatoes, oil, salt and pepper; spread on foil-lined rimmed baking sheet. Bake in 425°F (220°C) oven, stirring once, until golden, about 25 minutes; keep warm.

Stuffed Chicken: Meanwhile, in skillet, heat 1 tsp of the oil over medium-high heat; sauté mushrooms and garlic for 2 minutes. Add red pepper and half each of the salt and pepper; sauté until

Lightly beat eggs with salt. In wok or large nonstick skillet, heat ½ tsp of the vegetable oil over medium-high heat; cook eggs, stirring, just until set, about 2 minutes. Scrape into bowl. Wipe out wok; cook beef over medium-high heat, breaking up with spoon, until no longer pink, about 5 minutes. Scrape into separate bowl.

Add 1½ tsp vegetable oil to wok; stir-fry broccoli, carrot and garlic over medium-high heat until broccoli is tender-crisp, about 3 minutes. Add red pepper; stir-fry for 1 minute. Add beef, rice, soy sauce and sesame oil; cook, stirring, until heated through, about 3 minutes. Stir in green onions and eggs.

PER SERVING: about 535 cal, 32 g pro, 22 g total fat (7 g sat. fat), 52 g carb (3 g dietary fibre, 3 g sugar), 159 mg chol, 432 mg sodium, 681 mg potassium. % RDI: 7% calcium, 26% iron, 58% vit A, 97% vit C, 27% folate.

CHANGE IT UP CHICKEN AND BROCCOLI FRIED RICE

Substitute diced boneless skinless chicken breast for the beef. Sauté with 1 tsp vegetable oil; continue with recipe.

mushrooms are browned and no liquid remains, about 3 minutes. Add green onions and lemon juice; sauté until onions are softened, about 1 minute. Remove from heat; stir in Parmesan.

Place 1 chicken breast on cutting board. Holding knife blade parallel to board and starting at thickest long side, slice horizontally almost all the way through breast; open and place on separate foil-lined rimmed baking sheet. Repeat with remaining chicken. Mound mushroom mixture in centre of each breast; close and secure with toothpicks. Brush with remaining oil; sprinkle with remaining salt and pepper. Bake in 425°F (220°C) oven until chicken is no longer pink inside, about 15 minutes. Broil until golden, about 2 minutes. Let rest for 5 minutes. Discard toothpicks; slice crosswise. Sprinkle with basil.

Lemon Broccoli: In saucepan of boiling salted water, cook broccoli until tender-crisp, about 2 minutes. Drain and transfer to bowl; toss with butter, lemon zest, salt and pepper. Serve with chicken and potatoes.

PER SERVING: about 415 cal, 35 g pro, 11 g total fat (4 g sat. fat), 45 g carb (7 g dietary fibre, 4 g sugar), 78 mg chol, 496 mg sodium, 1,689 mg potassium. % RDI: 14% calcium, 24% iron, 26% vit A, 128% vit C, 41% folate.

LOADED BROCCOLI AND CHEDDAR POTATOES WITH TOSSED SALAD

Hands-on time: 20 minutes

Total time: 1½ hours

Makes: 4 servings

Twice-baked potatoes are transformed into a nourishing main with the addition of colourful veggies and gooey Cheddar. It's easier to remove the flesh while the potatoes are warm, so use a small spoon (such as a teaspoon) to scoop them as soon as they're cool enough to handle.

Potatoes:

900 g	yellow-fleshed potatoes (4 large)
1	clove garlic, minced
¼ tsp	each salt and pepper
120 g	broccoli florets, finely chopped (about 1½ cups)
1	carrot, peeled and grated
half	sweet red pepper, finely diced
1½ cups	shredded Cheddar cheese
½ cup	light sour cream
1	green onion, thinly sliced

Tossed Salad:

4 tsp	olive oil
2 tsp	balsamic vinegar
pinch	each salt and pepper

5 cups	lightly packed baby salad greens
½ cup	grape tomatoes or cherry tomatoes, halved

Potatoes: Using fork, prick potatoes several times. Bake in 400°F (200°C) oven until fork-tender, about 1 hour. (Or microwave on high until fork-tender, about 7 minutes.) Set aside until cool enough to handle.

Cut potatoes in half lengthwise; scoop flesh into bowl, leaving ¼-inch (5 mm) thick shells. Using potato masher, mash flesh with garlic, salt and pepper until smooth. Stir in broccoli, carrot, red pepper and ⅓ cup of the Cheddar. Spoon into potato shells, packing gently. Bake on parchment paper-lined baking sheet in 400°F (200°C) oven for 15 minutes. Sprinkle with remaining Cheddar; bake until melted, about 10 minutes. Top with sour cream and green onion.

Tossed Salad: Meanwhile, in large bowl, whisk together oil, vinegar, salt and pepper; toss with salad greens and tomatoes. Serve with potatoes.

PER SERVING: about 459 cal, 20 g pro, 21 g total fat (11 g sat. fat), 51 g carb (7 g dietary fibre, 8 g sugar), 49 mg chol, 502 mg sodium, 1,565 mg potassium. % RDI: 43% calcium, 27% iron, 119% vit A, 127% vit C, 81% folate.



CHICKEN PARMIGIANA WITH SPAGHETTI

Hands-on time: 45 minutes

Total time: 45 minutes

Makes: 4 servings

A super-quick tomato sauce made using bottled passata does double duty in this restaurant favourite, acting as a sauce for both the chicken and pasta.

\$2.85
per serving



Half a twice-baked potato makes a great side dish, too!

2 tsp	olive oil
2	cloves garlic, minced
2	carrots, finely diced
1	small onion, finely diced
1 tsp	Italian herb seasoning
1	bottle (660 mL) strained tomatoes (passata)
half	sweet red pepper, diced
¼ tsp	each salt and pepper
450 g	boneless skinless chicken breasts
½ cup	grated Parmesan cheese
350 g	spaghetti
3 tbsp	chopped fresh basil

In saucepan, heat half of the oil over medium heat; cook garlic, stirring, for 1 minute. Add carrots, onion and Italian seasoning; cook, stirring occasionally, until vegetables are softened, about 8 minutes.

Stir in strained tomatoes, red pepper and half each of the salt and pepper; bring to boil. Reduce heat, partially cover and simmer until sauce is slightly thickened, about 5 minutes.

Meanwhile, place 1 chicken breast on cutting board. Holding knife blade parallel to board and with opposite hand on top of chicken, slice horizontally all

the way through breast to form 2 thin cutlets. Repeat with remaining chicken. Sprinkle both sides of chicken with remaining salt and pepper.

In large nonstick skillet, heat remaining oil over medium-high heat; working in batches, cook chicken, turning once, until golden brown, about 6 minutes. Transfer to foil-lined rimmed baking sheet.

Spoon 2 tbsp of the tomato sauce over each chicken cutlet, spreading evenly; sprinkle with Parmesan. Bake in 400°F (200°C) oven until cheese is melted and chicken is no longer pink inside, about 10 minutes.

Meanwhile, in saucepan of boiling lightly salted water, cook pasta according to package instructions. Drain and toss with remaining tomato sauce to coat. Stir in basil. Serve with chicken.

PER SERVING: about 603 cal, 44 g pro, 10 g total fat (3 g sat. fat), 80 g carb (4 g dietary fibre, 11 g sugar), 76 mg chol, 1,027 mg sodium, 898 mg potassium. % RDI: 18% calcium, 48% iron, 71% vit A, 52% vit C, 100% folate.

TIP FROM THE TEST KITCHEN

If you don't have Italian herb seasoning on hand, substitute with ½ tsp each dried oregano and dried basil.



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MINI SHEPHERD'S PIES WITH ROASTED CARROT AND TOMATO SALAD

Hands-on time: 35 minutes

Total time: 1 1/4 hours

Makes: 4 servings

Baking these pies in ramekins makes serving a breeze and ensures that everyone gets their fair share of rich, meaty sauce and crispy mashed potatoes.

Shepherd's Pies:

1	small onion, quartered
half	pkg (227 g pkg) cremini mushrooms
2	cloves garlic
450 g	extra-lean ground beef
1 tsp	olive oil
1/2 tsp	dried rosemary
1 tbsp	all-purpose flour
1/4 cup	each frozen corn and frozen peas
1 tsp	Worcestershire sauce
1/2 tsp	each salt and pepper
675 g	yellow-fleshed potatoes, peeled and cut in 1-inch (2.5 cm) chunks
2 tbsp	butter
2	green onions, sliced

Roasted Carrot and Tomato Salad:

3	large carrots
1 cup	grape tomatoes or cherry tomatoes, halved
2 tbsp	olive oil
1 tbsp	balsamic vinegar
pinch	each salt and pepper
4 cups	lightly packed baby salad greens

Shepherd's Pies: In food processor, pulse together onion, mushrooms and garlic until finely chopped. Set aside.

In large nonstick skillet, cook beef over medium-high heat, breaking up with spoon, until no longer pink, about 8 minutes. Scrape into bowl. In same skillet, heat oil over medium-high heat; sauté onion mixture and rosemary until

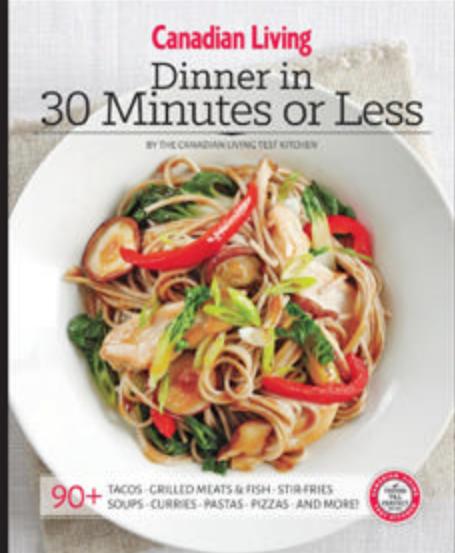
no liquid remains, about 4 minutes. Sprinkle with flour; cook, stirring often, for 2 minutes. Stir in corn, peas, Worcestershire sauce, half each of the salt and pepper and 1 cup water. Add beef and any juices; bring to boil. Reduce heat and simmer, stirring, until thickened, about 2 minutes. Divide among four 1 1/2-cup (375 mL) ramekins.

Meanwhile, in large saucepan of boiling lightly salted water, cook potatoes until tender, about 12 minutes. Reserving 1/2 cup of the cooking liquid, drain. Return potatoes to saucepan; mash with half of the butter, the remaining salt and pepper and reserved cooking liquid, as needed, until smooth. Stir in green onions. Spoon over beef mixture, spreading to rims of ramekins. (*Make-ahead: Cover and refrigerate for up to 2 days; add 20 minutes to bake time.*) Dot tops with remaining butter. Bake on rimmed baking sheet in 400°F (200°C) oven until tops are golden, about 30 minutes.

Roasted Carrot and Tomato Salad:

Meanwhile, peel carrots; cut into 1 1/2-inch (4 cm) lengths and halve lengthwise. Toss with tomatoes and 2 tsp of the oil; spread on parchment paper-lined baking sheet. Bake on bottom rack of 400°F (200°C) oven, turning once, until carrots are tender, about 30 minutes. Let cool on sheet for 5 minutes. In large bowl, whisk together vinegar, salt, pepper and remaining oil. Add carrot mixture and salad greens; toss to coat. Serve with shepherd's pies.

PER SERVING: about 503 cal, 30 g pro, 23 g total fat (8 g sat. fat), 46 g carb (7 g dietary fibre, 8 g sugar), 77 mg chol, 780 mg sodium, 1,468 mg potassium. % RDI: 10% calcium, 32% iron, 180% vit A, 50% vit C, 51% folate.



The Canadian Living Test Kitchen has curated this collection of the easiest, most delicious Tested-Till-Perfect recipes to make in 30 minutes or less. Plus, they share best tips for shopping, storing and planning so that supper prep becomes simpler than ever.

Buy it anywhere books are sold or online at canadianliving.com/30mins

\$2.30
per serving

We garnished ours with gold leaf available at cake supply stores and amazon.ca.

...and then I
ate the
BOWL!

Boozy custard is a treat in itself, but we take it over the top by serving it in homemade chocolate bowls.

BY AMANDA BARNIER & THE TEST KITCHEN



IRISH CREAM PUDDING BOWLS

Hands-on time: 55 minutes

Total time: 4½ hours

Makes: 6 servings

4	egg yolks
2 cups	milk
¼ cup	granulated sugar
¼ cup	cornstarch
pinch	salt
½ cup	Irish cream liqueur
280 g	semisweet chocolate (10 oz), chopped
½ cup	whipping cream (35%)
2 tbsp	toffee bits
	edible gold leaf (optional)

In a large heatproof bowl, whisk together egg yolks, ¼ cup of the milk, the sugar, cornstarch and salt. In heavy-bottomed saucepan, heat remaining milk over medium heat just until steaming and small bubbles form around edge; gradually whisk into egg yolk mixture. Return to saucepan; cook, whisking, until thick enough to mound on spoon, about 4 minutes. Remove from heat; whisk in liqueur until smooth.

Strain mixture through fine-mesh sieve into clean bowl; place plastic wrap directly on surface. Refrigerate until chilled, about 4 hours. (*Make-ahead: Refrigerate for up to 24 hours. Whisk until smooth before serving.*)

Meanwhile, in heatproof bowl set over saucepan of hot (not boiling) water, melt chocolate, stirring, until smooth. Let cool to room temperature, about 45 minutes. (Chocolate will thicken.)

Inflate 6 small balloons to make globes that are 3 inches (8 cm) diameter at widest point; tie knot in each to seal.

SCOOP chocolate by scant 1 tbsp onto parchment paper-lined baking sheet to make 6 rounds.

Working with 1 balloon at a time, **SPOON** remaining chocolate around widest part and all over top end of balloon, coating generously, to create bowl shape.

Gently **PRESS** balloon, chocolate side down, onto chocolate round to adhere. Repeat with remaining balloons and chocolate, reserving any leftover

Canadian Living

—YOUR WAY—



chocolate. Refrigerate until chocolate bowls are firm, about 30 minutes.

Using pin, **PIERCE** balloons at knot ends to release air; slowly and gently pull balloons away from chocolate. Discard balloons. Re-melt any reserved chocolate; spoon or brush onto bases of bowls to fill holes. Refrigerate until chilled, about 10 minutes. (*Make-ahead: Cover loosely with plastic wrap; refrigerate for up to 24 hours.*)

Whip cream until soft peaks form. Divide custard among chocolate bowls; top with whipped cream, toffee bits and gold leaf (if using).

PER SERVING: about 499 cal, 7 g pro, 26 g total fat (14 g sat. fat), 58 g carb (3 g dietary fibre, 49 g sugar, 163 mg chol, 72 mg sodium, 295 mg potassium. % RDI: 13% calcium, 14% iron, 19% vit A, 13% folate.

TIP FROM THE TEST KITCHEN

No time to make chocolate bowls? No problem! The custard is just as delicious served in dessert dishes. ●

BALLOON BEST PRACTICES

Balloon bottoms make ideal round moulds for these edible chocolate bowls. Here are some helpful tips to get you started.

- **Look for small round balloons** instead of longer oval ones to make the best bowl shape.
- **Wash balloons in warm soapy water**, then rinse and dry thoroughly before you apply the chocolate.
- **Inflate more balloons than you need.** Choose only the ones of similar shape and size to ensure consistent results.

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Some issues of Canadian Living Magazine include perfume strips. If you prefer to receive your copy of the magazine without perfume strips, please write to us at our mailing address.

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DESSERTS

SLOW COOKER CAKES

Thought your Crock-Pot was just for soups and stews?

Think again! It also makes cakes that are amazingly moist and delicious.

BY CARA TEGLER
& THE TEST KITCHEN

TESTED
TILL
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\$1.60
per serving

Slow Cooker Mini Orange and Ginger Cheesecakes

PHOTOGRAPHY: JODI PUDGE. FOOD STYLING: NOAH WITENOFF.
PROP STYLING: CHARLENE WAITON/JUDYINC.COM

SLOW COOKER MINI ORANGE AND GINGER CHEESECAKES

Hands-on time: 30 minutes
Total time: 6½ hours
Makes: 6 servings

COVER RECIPE

This simple method for cooking cheesecake means a less-fussy water bath and no cracked tops. Lining the underside of the slow cooker lid with paper towels keeps the moist heat in while also preventing condensation from dripping onto the cakes. If you use canning jars, these individual cakes are easy to take to a dinner party; just screw on the lids, tote them in a cooler and garnish before serving.

Crust:

¾ cup gingersnap cookie crumbs (8 to 10 cookies)
1 tbsp packed brown sugar
1 tbsp butter, melted
½ tsp minced crystallized ginger
pinch cinnamon

Filling:

1 pkg (250 g) cream cheese, softened
1 tsp cornstarch
½ cup granulated sugar
1 egg
¼ cup sour cream
½ tsp grated orange zest
1 tbsp orange juice

Garnish:

½ cup whipping cream (35%)
1 tsp granulated sugar
orange zest, fresh mint leaves and/or minced crystallized ginger

Crust: Stir together cookie crumbs, brown sugar, butter, ginger and cinnamon until moistened; press scant 2 tbsp into each of 6 sanitized ½-cup (125 mL) canning jars or other small heatproof containers. Refrigerate until needed.

Filling: In large bowl, beat cream cheese with cornstarch until smooth. Gradually beat in sugar until light and fluffy, scraping down side. Beat in egg just until combined. Beat in sour cream, orange zest, orange juice, vanilla and salt. Spoon over crusts.

Fill rectangular 6- to 7-quart (6 to 7 L) slow cooker with enough hot water to come ½-inch (1 cm) up sides. Arrange jars, uncovered and not touching, in slow cooker. Cover with 4 layers of



Slow Cooker Carrot Cake

70 CENTS
per serving

paper towels; secure with slow cooker lid. Cook on low until no longer shiny and edges are set yet centres still jiggle slightly, about 1½ hours. Using canning tongs, remove jars to rack; let cool.

Cover and refrigerate until chilled, about 4 hours. (*Make-ahead: Refrigerate for up to 2 days.*)

Garnish: Beat cream with sugar until soft peaks form; spoon over cheesecakes. Top with orange zest, mint leaves and/or ginger as desired.

PER SERVING: about 390 cal, 6 g pro, 27 g total fat (16 g sat. fat), 32 g carb (1 g dietary fibre, 19 g sugar), 111 mg chol, 273 mg sodium, 202 mg potassium. % RDI: 7% calcium, 14% iron, 28% vit A, 7% vit C, 11% folate.

SLOW COOKER CARROT CAKE

Hands-on time: 35 minutes
Total time: 4 hours
Makes: 12 to 16 servings

Nothing beats a classic carrot cake with cream cheese icing. When tracing the parchment paper outline, add an extra 2 inches (5 cm) to the circumference of the slow cooker; this extra buffer will help you lift the cake out of the insert with ease.

Cake:

1 cup drained canned crushed pineapple
1½ cups packed brown sugar
2 eggs
½ cup vegetable oil
1 tsp vanilla
2 cups all-purpose flour
2 tsp baking powder
2 tsp cinnamon
1 tsp baking soda
½ tsp salt
½ tsp nutmeg
1½ cups grated peeled carrots
½ cup raisins

Cream Cheese Icing:

1 pkg (250 g) cream cheese, softened
¼ cup butter, softened
½ tsp vanilla
1 cup icing sugar

Cake: Place insert of 5- to 6-quart (5 to 6 L) slow cooker on sheet of parchment paper. Adding 2 inches (5 cm), trace around bottom; cut out shape. Grease insert; line with parchment paper cutout.

Strain crushed pineapple through fine-mesh sieve, pressing with back of spoon to remove excess liquid. Set aside. ☀

Slow Cooker Citrus Poppy Seed Cake



35 CENTS
per serving

In large bowl, beat together brown sugar, eggs, oil, vanilla and $\frac{1}{4}$ cup water until smooth.

In separate bowl, whisk together flour, baking powder, cinnamon, baking soda, salt and nutmeg. Add to egg mixture along with carrots, pineapple and raisins; stir just until moistened. Scrape into prepared slow cooker, smoothing top. Cover and cook on high until cake tester inserted in centre comes out clean, about 2 hours.

Turn off slow cooker. Uncover and let cool for 15 minutes. Using parchment paper, lift out cake onto rack; let cool completely.

Cream Cheese Icing: Meanwhile, in bowl, beat cream cheese with butter until smooth. Beat in vanilla. Beat in icing sugar, one-quarter at a time, until smooth. (*Make-ahead: Cover and refrigerate for up to 24 hours. Let stand at room temperature for 30 minutes before using.*) Spread over top of cake.

PER EACH OF 16 SERVINGS: about 340 cal, 4 g pro, 16 g total fat (6 g sat. fat), 47 g carb (1 g dietary fibre, 32 g sugar), 48 mg chol, 278 mg sodium, 196 mg potassium. % RDI: 6% calcium, 12% iron, 26% vit A, 2% vit C, 18% folate.

Cake: Place insert of 5- to 6-quart (5 to 6 L) oval slow cooker on sheet of parchment paper. Adding 2 inches (5 cm), trace around bottom; cut out shape. Grease insert; line with parchment paper cutout.

In large bowl, beat together butter, sugar and oil until fluffy. Beat in eggs, 1 at a time, beating well after each addition. Beat in lemon zest, orange zest, lemon juice and vanilla.

In separate bowl, whisk together flour, poppy seeds, baking powder, baking soda and salt. Stir into butter mixture, alternating with buttermilk and yogurt, making 3 additions of flour mixture and 2 of buttermilk and yogurt. Scrape into prepared slow cooker, smoothing top. Cover and cook on high until cake tester inserted in centre comes out clean, about 2 hours. Turn off slow cooker; uncover.

Citrus Glaze: Whisk together icing sugar, lemon zest and lemon juice until smooth; brush over hot cake. Let cool, uncovered, in slow cooker for 15 minutes.

Using parchment paper, lift out cake onto rack; let cool completely. (*Make-ahead: Store in airtight container for up to 2 days.*)

PER EACH OF 16 SERVINGS: about 234 cal, 3 g pro, 8 g total fat (3 g sat. fat), 38 g carb (1 g dietary fibre, 25 g sugar), 32 mg chol, 209 mg sodium, 72 mg potassium. % RDI: 5% calcium, 6% iron, 4% vit A, 5% vit C, 17% folate.

SLOW COOKER CITRUS POPPY SEED CAKE

Hands-on time: 35 minutes

Total time: 4 hours

Makes: 12 to 16 servings

Fragrant orange and lemon give this simple glazed cake delicate flavour. An oval slow cooker will create the best height and shape.

Cake:

1/4 cup	butter, softened
1 1/2 cups	granulated sugar
1/4 cup	vegetable oil
2	eggs
1 tbsp	each grated lemon zest and orange zest
2 tbsp	lemon juice
1 tsp	vanilla
2 cups	all-purpose flour
2 tbsp	poppy seeds
1 tsp	each baking powder and baking soda
1/2 tsp	salt
1/2 cup	buttermilk
1/2 cup	plain yogurt

Citrus Glaze:

3/4 cup	icing sugar
1 tsp	grated lemon zest
2 tbsp	lemon juice or orange juice

SLOW COOKER APPLE SPICE CAKE

Hands-on time: 35 minutes

Total time: 4 hours

Makes: 12 to 16 servings

As this cake bakes, it fills the air with the heavenly scent of spiced apples. The rich nutty flavour of brown butter icing transforms this everyday treat into a company-worthy dessert.

Cake:

1/4 cup	butter, softened
1 cup	packed brown sugar
1/4 cup	vegetable oil
2	eggs
1 cup	unsweetened applesauce
1 tsp	vanilla
2 cups	all-purpose flour
1 1/2 tsp	baking powder
1 tsp	cinnamon
1/2 tsp	baking soda

**Slow Cooker
Apple Spice Cake**



50 CENTS
per serving

½ tsp salt
 ¼ tsp each ground ginger and ground cloves
 pinch nutmeg
 1 cup diced cored peeled apple
Brown Butter Icing:
 ½ cup butter
 1 cup icing sugar

Cake: Place insert of 5- to 6-quart (5 to 6 L) slow cooker on sheet of parchment paper. Adding 2 inches (5 cm), trace around bottom; cut out shape. Grease insert; line with parchment paper cutout.

In large bowl, beat together butter, brown sugar and oil until smooth. Beat in eggs, 1 at a time, beating well after each addition. Stir in applesauce and vanilla.

In separate bowl, whisk together flour, baking powder, cinnamon, baking soda, salt, ginger, cloves and nutmeg. Add to butter mixture along with apple; stir just until moistened. Scrape into prepared slow cooker, smoothing top. Cover and cook on high until cake tester inserted in centre comes out clean, about 2 hours.

Turn off slow cooker; uncover and let cool for 15 minutes. Using parchment paper, lift out cake onto rack; let cool completely. Peel off parchment paper.

50 CENTS
per serving

**Slow Cooker
Hot Cocoa Cake**



Brown Butter Icing: In saucepan, melt butter over medium heat; continue to cook, stirring, until nutty brown and fragrant, about 3 minutes. Let cool slightly. Whisk in icing sugar until smooth. Spread over top of cake.

PER EACH OF 16 SERVINGS: about 265 cal, 3 g pro, 13 g total fat (6 g sat. fat), 36 g carb (1 g dietary fibre, 23 g sugar), 46 mg chol, 215 mg sodium, 96 mg potassium. % RDI: 3% calcium, 9% iron, 8% vit A, 2% vit C, 16% folate.

SLOW COOKER HOT COCOA CAKE

Hands-on time: 30 minutes

Total time: 2½ hours

Makes: 12 to 16 servings

Ideal for a fun dinner with friends or a cozy night at home, this fudgy cake is best served straight out of the slow cooker while still warm. For an extra treat, dust cocoa powder over top of the spiced whipped cream.

Cake:
 2 cups granulated sugar
 2 eggs
 ½ cup vegetable oil
 ½ cup milk
 ½ cup cooled brewed coffee or water
 2 tsp vanilla
 2 cups all-purpose flour
 1½ tsp baking powder
 1½ tsp baking soda
 ½ tsp salt

pinch cinnamon
 ¾ cup cocoa powder
 ½ cup semisweet chocolate chips
Cinnamon Whipped Cream:
 ⅔ cup whipping cream (35%)
 2 tbsp granulated sugar
 ½ tsp vanilla
 pinch cinnamon

Cake: Grease bottom of 5- to 6-quart (5 to 6 L) slow cooker. Set aside. In large bowl, whisk together sugar, eggs, oil, milk, coffee and vanilla until well combined. In separate bowl, whisk together flour, baking powder, baking soda, salt and cinnamon; sift in cocoa powder. Add to egg mixture; stir just until moistened.

Scrape into prepared slow cooker; sprinkle with chocolate chips. Cover and cook on high until cake tester inserted in centre comes out clean with a few moist crumbs clinging, about 2 hours. Turn off slow cooker; uncover and let cool for 15 minutes. Spoon warm cake into serving mugs.

Cinnamon Whipped Cream: Meanwhile, beat together cream, sugar, vanilla and cinnamon until soft peaks form. Dollop or pipe over top of cake.

PER EACH OF 16 SERVINGS: about 300 cal, 4 g pro, 13 g total fat (4 g sat. fat), 45 g carb (2 g dietary fibre, 30 g sugar), 37 mg chol, 234 mg sodium, 170 mg potassium. % RDI: 4% calcium, 11% iron, 5% vit A, 17% folate. ●

“ As someone with a passion for good food, I’d never sacrifice great taste for low calories. ”

-Voula Halliday, Food Writer & Chef, Toronto, ON

ALMOND SPRING CLEAN SMOOTHIE

- 1 CUP ALMOND FRESH UNSWEETENED
- 1 CUP CHOPPED ROMAINE LETTUCE
- 1 CUP FROZEN BLUEBERRIES
- 1/2 CUP FROZEN SLICED STRAWBERRIES
- 1 BANANA
- 1 TBSP GROUND FLAX SEED
- 1 TSP FINELY CHOPPED FRESH GINGER

MAKES 2 SERVINGS



Only 35 calories a glass and no added sugar.
Almond Fresh. A natural fit.

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March 2015

PHOTOGRAPHY: JEFF COULSON; FOOD STYLING: MIRANDA KEYES; PROP STYLING: LAURA BRANSON



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Certain packaged ingredients may contain allergens. Please read food labels carefully for hidden sources of gluten, dairy and nuts.

[V] = Vegetarian

[D] = Dairy-Free

[G] = Gluten-Free

[N] = Nut-Free



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Add a little zip to wings, veggies and chips with this one-step five-ingredient dip.

BY IRENE FONG &
THE TEST KITCHEN

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